

# PERSONAL TRAINER

## CONTACT DETAILS

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651-554-3420

Jena Radant is a certified strength and conditioning specialist with over 20 years of experience. She works with a wide range of individuals, focusing on corrective movement patterns to support injury recovery and management, as well as enhancing athletic performance and overall health and well-being.

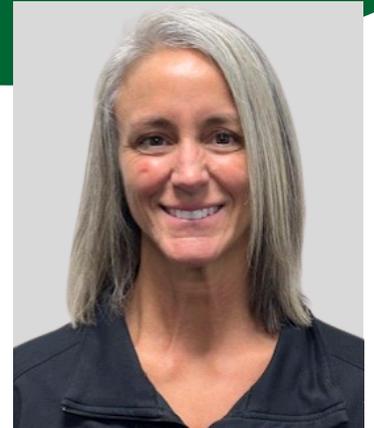
**“I am genuinely passionate about creating a healthier happier world. And that happens by making connections with my clients, understanding their unique challenges and creating a team approach to help tackle all areas of living healthy in the development and growth of their vision of healthy living.”**

— JENA



## Jena Radant

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### Personal Summary

Jena's passion for fitness began during her time as a multi-sport athlete. With over two decades in the health and wellness industry, she has held various roles dedicated to helping others maintain healthy lifestyles. Jena's expertise spans health coaching, mobility and functional movement, injury recovery, weight management, chronic disease management, neck and back disorders, and athletic performance. Outside of her professional life, Jena enjoys spending quality time with her husband and two children, always making sure to stay physically active.

### Core Skills

- BS in Exercise Science with supporting coursework for Physical Therapy and Athletic Training
- Certified Strength and Conditioning Specialist, NSCA
- Precision Nutrition Coaching Level 1
- Bowen Practitioner of neuromuscular re-patterning, American Bowen Academy
- USA Weightlifting Sports Performance Coach
- Older Adult Fitness Specialist
- TRX® Certified IDEA
- Functional Aging Specialist, Functional Aging Institute
- Diabetes Prevention Program Lifestyle Coach, State of Wellness
- EXOS Fitness Specialist Certification
- Silver Sneakers; Foundation, Circuit, Yoga, BOOM
- Arthritis Foundation Program Leader
- Certified Dementia Training

CALL OR EMAIL JENA TO SET UP YOUR APPOINTMENT

