



# Denise Jimenez

## Health Coach

Denise Jimenez is a bilingual Health Coach for the Wellness Council of Arizona. She is a certified personal trainer, group fitness and TRX instructor. Denise has worked with a diverse clientele in both gym and rehabilitation settings. She strives to connect with people in ways which will aid them to live a more healthy and balanced life.

Aside from a professional setting, Denise is a wife to a supportive husband and a mother to an energetic toddler. She began her journey into the fitness world through dance, which ultimately led her to New York City and Walt Disney World in Orlando, Florida. Denise enjoys interacting with others and looks forward to working with you!

### Health Enhancement Support

Nutrition

Physical Activity

Stress Management

Self-Care

Lifestyle Disease Management

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*Denise works for the Wellness Council of Arizona to serve the health interests of employees. All information shared with her will be kept confidential and will not be shared with any management personnel or any other employees.*

