



Debbie Logan is a Health Coach with the Wellness Council of Arizona. She received her Bachelor's of Science Degree in Nutritional Sciences – Dietetics from the University of Arizona and is an ACE certified personal trainer. Debbie was the Nutrition Supervisor and a personal trainer at an all women's fitness center in Tucson before opening her own business, Body in Balance Nutrition & Personal Training in 2004. She offered nutritional counseling, personal training and small group training.

Her favorite forms of exercise are functional training, spinning and swimming, and she just completed her first sprint triathlon. In her free time, she enjoys spending time with her husband, kids and their many animals and riding horses. Debbie believes that "Living Healthier" requires a balance of proper nutrition and exercise and that is a journey and not a destination!

