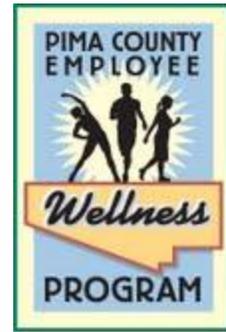


Eileen McGuire **Health Coach**



Eileen McGuire is a Health Coach with the Wellness Council of Arizona. She is a lifelong health and wellness professional with extensive knowledge of Nutrition, Exercise Science and Physiology. Originally from Colorado Springs, CO she began her career as a Group Fitness Instructor through her AFAA certification and continued earning additional accreditation as a Nutritionist, Senior Fitness Specialist and Certified Personal Trainer through A.C.E. She is also a sought after motivational speaker and presenter on exercise, nutrition, health and wellness.

Eileen has developed and coordinated fitness programs throughout the West as a Fitness Director of one of the premier Clubs in the 'Four Corners' region, the Country Club of Colorado. She was a Class Instructor and Fitness Professional teaching for city wide hospitals, Ford Aerospace Corporation, Bethany-Mission of Mercy and state- wide school Districts and Rehabilitation centers. She also choreographed and led the Aerobics classes at the one of the country's largest Mega churches for 16 years and has had multiple articles on Health, Nutrition & Exercise published and distributed.

Eileen prides herself on having the extraordinary ability to encourage the discouraged and to inspire others to reach potentials they didn't know they had. She believes empowering others with the tools and knowledge necessary to live healthier, longer, and more fulfilling lives is one of the most wonderful gifts she can give!

Health Enhancement Support

Nutrition

Physical Activity

Stress Management

Self-Care

Lifestyle Disease Management

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Eileen McGuire 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.

