

MEET YOUR HEALTH COACHES



COACH CODY

Cody Martin is a Health Coach with the Wellness Council of Arizona. He was born and raised in Tucson Arizona and is a proud Wildcat! He graduated from the University of Arizona with a Bachelor's of Science in Nutrition while also obtaining a minor in Biochemistry. He has always had a passion for health and fitness and wants to share this excitement about a healthy lifestyle with others! Cody is a Certified Personal Trainer through the American Council of Exercise. He is incredibly excited to be able to coach and support people from all over Tucson in reaching their personal goals in fitness, health, and lifestyle.

COACH JOAN

Joan Upton is a Health Coach with the Wellness Council of Arizona. She received her Bachelor's in Journalism from the University of Arizona. After college, as a young woman, Joan struggled with weight gain. Through this journey, she was inspired to help others and decided to become a personal trainer and health coach herself. Joan received her Health Coaching Certification through the American Council on Exercise and has been helping people for more than 17 years to make healthy changes that lead to huge transformations.



COACH KELLY

Kelly Cupell is a health coach with the Wellness Council of Arizona. She is dedicated to empowering others through the power of great health & wellness and she has done so throughout the globe! She is a Master of Public Health, specialized in health behavior and nutrition, a certified Purna & Strala yoga instructor, avid hiker, marathon runner and outdoors enthusiast. She also enjoys writing and has authored many healthy home workshops, a beginner's guide to stand-up paddle boarding, and nutrition curriculum for at-risk Pacific Rim youth on the island of Kauai. And, she looks forward to working with you!

All Health Coaches work for the Wellness Council of Arizona to serve the health interests of employees. All information shared with them will be kept confidential and will not be shared with any management personnel or any other employees.



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