

## JOCELYN SHELBY: BIO

Jocelyn Shelby, B.A., ACE-FNS, NFPT-CPT is a graduate of California State University of Long Beach where she received her BA in Consumer Economics with a concentration in Physical Education. She is a member of the CSULB Golden Key National Honor Society, fitness instructor, trainer, wellness educator and presenter in Seattle, WA. She enjoys sharing her passion and energy with others, helping them become the best version of themselves by adopting positive healthy habits for long-term healthy and happy living.

### EDUCATION / BACKGROUND

- BA, Consumer Economics, California State University Long Beach, Golden Key National Honor Society
- CSULB - Specialized studies: Exercise physiology; Kinesiology, Nutrition, Community Wellness
- American Council on Exercise – Group Fitness; Pre/Post Natal Exercise
- Wellness Educator / Group Fitness Instructor
  - U.S. District Court, Dept. of Health & Human Services
  - UW Medicine, Harborview Medical Center
- Bodybuilding Athlete/Competitor - Physiques Northwest, Seattle, WA
- National Gym Association Natural Athlete 2015, 1<sup>st</sup> Place-Bikini Masters
- Fitness International - Boot Camp; Body Works; Power Circuit; Aqua
- Eating Disorder speaker/presenter
- Nutrition counselor

### CERTIFICATIONS

- National Federation of Professional Trainers – Certified Personal Trainer
- American Council on Exercise – Fitness Nutrition; Orthopedic Exercise
- Keiser M3 Cycling Foundations – Certified Indoor Cycling Instructor
- Healthways – Licensed Senior Fitness and Yoga Instructor
- MOSSA – Group Power

### SPECIALTIES

- Fitness Nutrition
- Orthopedic Exercise
- Metabolic Training
- Functional Training
- Strength and Balance
- Senior Fitness & Yoga
- Indoor Cycling
- Aqua Fitness