

Meet

Alexandra Giampapa BS, CPT

Your Wellness Coach



Bachelors of Science in Exercise Science -
Bloomsburg University
Certified Personal Trainer - American Council on Exercise

Alexandra has worked in corporate fitness and wellness, where she coached others to reach their health and wellness goals. She also created and ran health promotion programs, and was a personal trainer and group exercise instructor. Outside of work, Alexandra stays active by running, hiking, and being outdoors. She also enjoys spending time with family and friends, knitting, and baking.

Alexandra believes that it's never too early or too late to work towards being the healthiest you.

Consider Alexandra as a personal resource who will gladly answer your questions and offer coaching in areas such as:

General Health and Wellness Topics:

- Exercise, Fitness and Conditioning
- Tobacco Cessation
- Stress Management
- Nutrition
- High Blood Pressure, Heart Disease
- Diabetes
- Sleep

Health Metric Testing:

- Blood Pressure
- Body Composition
- Hydration

Management of Minor Aches and Pains or Muscle Soreness

Alexandra's pledge: To help and support you during your journey of reaching your wellness goals.



**Wellness
Coaches™**

On-site connections. Out-of-sight results.™

You may contact Alexandra at agiampapa@wcusa.com

EVERYTHING IS 100% CONFIDENTIAL!