



**Kelly Perez, M.Ed., M.P.H., MCHES**

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Kelly Perez is an adjunct instructor at Arizona State University and has been working in the health and fitness industry for almost two decades. She is a certified group exercise instructor and health coach. Perez spent over a decade in the department of health sciences at Northern Arizona University as the director of the FIT program, which served over 6,000 students annually. Perez recently relocated to Texas and teaches fitness classes at Bodybar Pilates, F45 and Keller Pointe. She is the owner of Strength Within Coaching where she supports her clients through health and fitness coaching. Perez earned her master's degree in public health with a concentration in health promotion from the University of Arizona, her master's degree in education from Northern Arizona University and her bachelor of science degree in education from Northern Arizona University. She is an AFAA Certified Group Exercise Instructor and an ACE Certified Health Coach and has earned the Master Certified Health Educator designation.