

MEET THE HEALTH COACHES

Hi there, my name is Alisha Gannie, I am Certified as a Personal Trainer, Health Coach, Fitness Coach, Elite Trainer & Nutritionist through the International Sport Sciences Association (ISSA). I love working with the Nisqually Health, Fitness & Nutrition program. I am able to serve the Nisqually community and Nisqually employees with their fitness needs during their health journey mentally, physically, and spiritually. Everyday I do my best to stay engaged by encouraging clients to keep pushing & striving towards their fitness & nutrition goals as selfcare plays a very important role in our lives.

WAKE#PRAY#SLAY#REPEAT

“My name is MistiFawn (Misti) I am a NASM certified personal trainer, correctional exercise specialist, nutrition coach, group fitness instructor, and have a masters degree in health education. I care deeply about my class participants and clients, and there’s nothing more valuable than helping somebody go

through an experience that makes them happy, confident, and strong. I’m excited to be helping this community reach their goals.



Hello, my name is Kareem Gannie. Health and fitness are my passions and I share that passion with the

community everyday while I am at work. I enjoy helping my community members improve their health and overall quality of life. I am currently the Nisqually Health, Fitness, and Nutrition Program Manager. I believe I can make positive changes within the Nisqually Indian Community in this position. I hold multiple nationally accredited certifications through the American Council on Exercise as a Personal Trainer and Health Coach, Evolution Nutrition, and Commando Krav Maga (self-defense) Instructor. I help the Nisqually Community safely reach their health and wellness goals such as losing weight, improving body composition, developing, and advancing athletic performance, and adding lean muscle.



Nisqually Youth & Community Center

Nisqually Health Fitness & Nutrition



HealthFitness@nisqually-nsn.gov

360-455-5213

What is the program about???

The Health, Fitness, and Nutrition Program provides active encouragement and assistance in the health and wellness amongst Nisqually tribal members, community members, and employees. Personal training services are provided along with health coaching services such as nutritional education and how to safely make sustainable lifestyle changes.

Who is Eligible?

- Nisqually Tribal Members
- Nisqually Community Members
- Nisqually Tribal Employees

Services Provided

- Health Screenings
- Postural Assessments
- Body Composition Analysis
- Personal Training
- Group Training
- Health Coaching
- Diabetes Prevention
- Lifestyle Coaching
- Nutrition Consultations
- Massage Therapy
- Nutrition Classes
- Healthy Eating Habits Program
- Elders Fitness Classes
- Yoga Classes

Program Hours

Monday - Friday

6 AM - 7 PM



**YOGA with Michelle on
Mondays & Wednesdays**

At 10:30 AM @ Elders

12 Noon @ NYCC