

## DANAH IS OUR WELLNESS PROGRAM DIRECTOR

*She teaches Yoga classes and leads workshops.*

*She is also available for Private Health & Wellness Coaching.*



Danah is originally from Norwalk, CT. She began her fitness career when she moved to Largo, FL in 2008 when she began as a strength & conditioning/cardio kickboxing coach and instructor. During the day, Danah is a Board Certified Behavior Analyst working with individuals with intellectual/developmental disabilities and autism.

Danah has completed several triathlons, including the Rhot Half Ironman in Orlando, FL and participated as a Seriously FUN Fitness Relay Team member for a 140.6 mile triathlon in Clermont, Fl. She ran the Athens Classic Marathon in Athens, Greece with the Seriously FUN Fitness team in 2011, and has participated as a team member on 6 Ragnar Relays across the country.

Danah's most recent accomplishment was finishing her Master's in Applied Behavior Analysis with a focus on Sports, Health and Fitness from the University of South Florida. Through this program she was able to work with triathletes and CrossFit athletes on building life-long fitness programs and focusing on safely training to reach optimal performance. She has a passion for working with individuals seeking positive lifestyle change.



Danah is currently leading yoga classes in the SFF Shala. She is certified as a personal trainer through NCCPT and is pursuing her 200 Hour RYT certification through YogaFit Training Systems where she has also earned a 100 Hour YogaFit for Warriors Certification for trauma sensitive yoga. She also partners with the University of South Florida conducting behavioral research to promote a variety of positive lifestyle changes. Her main goal is to promote a healthy positive lifestyle for anyone interested in making change, and hopes to provide inspiration and motivation to those around her in reaching for their goals.

Her words of wisdom to her clients are, "There is no goal that is silly or insignificant. If it's important to YOU then it's important. Do what you love, always"

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