

JENNIFER GUERRETTE

B I O



Phoenix, Arizona

Jen has over 20 years of experience working in the fitness industry in various roles. She earned her undergrad and graduate degrees from Arizona State University, where she wrote the fitness chapter in The Adult Health and Wellness Manual, used as a text book for several of the university courses.

Jen currently holds certifications in athletic training (ATC), myoskeletal therapy, personal Training (CPT) through the National Academy of Sports Medicine, functional movement techniques (FMT & FMT Blades), secondary education with science and allied health CTE endorsements, and is progressing toward certification as a corrective exercise specialist.

Prior to becoming an educator, Jen started Kinetic Inspiration, LLC. to promote wellness on-line, but quickly determined that some of the most important aspects of wellness include human interaction and empathy. Both are difficult to achieve through an on-line forum. Also, she speculated that introducing the same concepts to individuals that are in early stages of developing health habits, would have better and more sustainable outcomes.

As a high school/college sports medicine instructor in 2017, Jen was a top-four finisher in the first statewide Minutes Out of Your Seat competition. She took on the role of campus wellness champion to set the wheels in motion for a complete well-campus transformation. The following year, Jen teamed up with Dr. Hesse to implement S.W.A.T. at Sandra Day O'Connor High School and changed the campus culture to one where the students and staff all took ownership of wellness and fitness activities to become an award-winning model of health and wellness advocacy.

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