



INGRID ISAACS

Wellness Education | Fitness
Adventures | Fitness Makeovers

Fitness Factor Pro, LLC

Fitness Coach | Mindset Coach | Corrective
Exercise Specialist | Crystal & Chakra Healer |
Yoga Instructor

Health & Wellness Consultant

My passion for fitness began 25 years ago, out of my love for participating in jump rope competitions, dancing in talent shows, cheering, teaching gymnastics or coaching elementary school cheerleading teams to championships. As a Chicago native, I was a member of the *Chicago Bally Total Fitness Performance Team*.

I have taught several health education classes, spanning men's, women's and children's health (sexual health, nutrition & supplement awareness, weight lifting, hypertension, high cholesterol, injury prevention, stress management, smoking cessation, cancer prevention and many more) with up to 300 participants. I have worked in a variety of settings, such as a hospital, local government, military, community organizations, commercial and corporate teaching and supervising aerobic and health education classes. I supervised a Chicago Department of Public Health wellness program and have provided content for schools, Boys and Girls Clubs of America, Senior Citizen Homes, community activity programs, Bally Total Fitness, the U.S. Air Force, as well as the U.S. Marine Corps. I teach a variety of classes, such as but not limited to, step, kick boxing, toning, hip-hop dance, Afro-Brazilian dance, spin, aqua, jump rope, core, Yoga, Pilates, boot camp and circuit training. I have trained apparently healthy adults, seniors, pregnant women, military personnel and retirees and those who suffer from chronic diseases like, cancer, diabetes, hypertension, high cholesterol, osteoporosis, arthritis and a variety of orthopedic conditions.

As a professional figure competitor, I enjoy training others to build muscle and change body composition, to look good, in essence. However, as I've aged, I'm much more passionate about helping Gen Xers age gracefully and enjoy quality of life through 1) shifting their paradigm to exercise and a healthy lifestyle, 2) corrective therapy to address muscular compensations, tension and pain while improving flexibility and mobility, and 3) creating a lifestyle that supports their wellness goals. I am a true wellness advocate and live by example. My motto: play with passion, live with purpose & create impact every day!

Contact



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✉ fitnessfactorpro@gmail.com



Education and Certifications

- Master of Science in Exercise Science & Health Promotion
- Yoga Trapeze (underway)
- Crystal & Chakra Healer
- Certified Performance Enhancement Specialist
- Certified Personal Trainer & Group Exercise Instructor
- Certified Clinical Exercise Specialist
- Certified Sports Nutritionist
- Certified Yoga, Pilates, Spin, and Kickboxing instructor

Specialties

- Injury prevention
- Corrective Exercise Therapy (Pain relief & performance enhancement)
- Functional training
- Bodybuilding / Body composition changes
- Wellness & fitness education and goal setting

Experience

- Professional natural figure competitor; amateur powerlifter & obstacle racer
- Natural bodybuilding competition judge
- Industry veteran (24 years)
- Trained military members to enhance function and meet body composition guidelines
- Client population of all ages (youth, teens, adults, seniors)