

Jennifer Kirk

B.S. Nutrition & Dietetics
Certified Holistic Health Coach

Jennifer Kirk has a Bachelor's degree in Dietetics. Her passion has always been health & wellness. She graduated from the University of Central Arkansas in 2010 and has since been discovering proven ways to lose weight without dieting or taking diet supplements and effectively maintaining that weight loss. Jennifer has helped numerous people discover who they are without the pressures of dieting taking over their lives. She focuses on your lifestyle and habits that may be sabotaging your efforts in reaching your goals. She enjoys one-on-one sessions, as well as group settings. If you want to add a little more strength and fitness into your routine she is more than ready to help you boost your energy level to get it done. Jennifer has been training for a year and has been certified through Health & Fitness.



No One Diet is Perfect For Everyone.
You Have to Find Your Own Personal
Path.