

MEET **KATHRIN FISCHER,** Your Wellness Coach!



Education & Certification:

- MS degree, Exercise Physiology, West Chester University
- BS degree, Exercise Science, Shippensburg University

Hometown: Kennett Square, PA

Favorite Food: Avocados, seafood and cheese. I love to try out new recipes or create my own.

Hobbies: Hiking, traveling, snowboarding, wakeboarding, painting, arts and crafts.

Life passion: To educate people about the benefits of living a healthy lifestyle while assisting individuals achieve their goals.

Other interesting facts: I am bilingual. I grew up in Germany and lived there for 13 years. I try to visit family and friends once a year.

How I describe “wellness”: Living a healthy lifestyle by being physically active, emotionally stable and spiritually happy. It is an ongoing journey and it is important to achieve optimal wellness to reduce the risks of diseases.

QuadMed’s Wellness Coaching Mission:

Our mission is to empower people to make positive lifestyle behavior changes that contribute to their health and well-being. We do this through education, encouragement and best coaching practices, as well as health promotion programs and activities. We aim to foster a worksite culture that supports the desire to make healthy choices and ultimately increases productivity and overall satisfaction in the workplace.

Schedule an appointment today! Call 1.888.417.1001

To contact Kathrin, call 844.342.1752 x8504.