

Jeannine Groll Bio Sheet

Jeannine and her husband, Chris, are currently owners and operators of Groll Family Fitness in Tremonton and Preston. She opened her first fitness center in January 2001 in Tremonton, Utah. In January of 2002, her family moved to Preston, Idaho to open *It Figures Fitness for Her* in Preston. In March 2004, they expanded and re-opened as Groll Family Fitness. Jeannine currently works in Preston and Tremonton as co-owner with her husband Chris. She enjoys being the dietitian, aquatic director, and a group fitness instructor. She also works as a dietitian for CMS and implements nutrition programming in fitness clubs.

Jeannine graduated from Tioga High School in Tioga, ND. She went on to Ricks College and graduated in Dietetics from Brigham Young University. She worked as a clinical dietitian for LDS Hospital, Cottonwood Hospital, and Alta view Hospital in Salt Lake City for 6 years before opening her own fitness centers.

Jeannine and her husband Chris have 3 children; Whitney age 16, Tori age 14, and Daniel age 10. She thoroughly enjoys motherhood. She also is busy sewing in her church and in the community.

Hobbies include competing in triathlons, swimming, rollerblading, camping, hiking, cycling, running, reading, and playing with her kids. She loves helping others improve their lifestyle and watching them become healthier and happier!

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