JEANNINE GROLL

11 West Main Tremonton, UT 84337 435-257-7546

30 N State Preston, ID 83263 208-852-2542



OBJECTIVE

To assist fitness and wellness centers in implementing nutrition programs at their facilities.

EXPERIENCE

	January 2001–Present	Groll Family Fitness	Tremonton, UT
	Owner		Preston, ID
	 Manage two fitness centers 	and staff	
	 Author and Instructor of The Balanced Plate – Nutrition Program 		
	 Aquatics Director 		
	 Nutrition Presenter for businesses and community workshops 		
	 Teach Yoga, Pilates, Weight Training, Aerobics, Aqua Aerobics, and Nutrition Classes 		
	 Group Fitness Instructor and Personal Trainer 		
CERTIFICATIONS	 ADA Registered Dietitia 	n: 1995 to Present	
	 AFAA Primary Group Exercise Instructor: Dec 2004 to Present 		
	 AFAA Personal Fitness Trainer: August 2005 to Present 		
	 PIYO Certified Yoga and Pilates Instructor:: April 2004 to Present 		
	 Red Cross Certified Water Safety Instructor and Lifeguard 		
	1995-2001	Intermountain Health Care	Salt Lake City, UT
	Clinical Dietitian		
	 Screened for nutritional risk on all incoming patients. 		
	 Taught diets for weight loss, low cholesterol, diabetics, and renal. 		
	 Assisted in teaching Weigh 	t Loss Management Course for	IHC.
EDUCATION			
	1993-1995 Brigham Y B.S., Dietetics	oung University	Provo, UT
	 Graduated Summa Cum La 	ude	
	1990–1993 Ricks Coll	2 0 6	Rexburg, ID
	 Associates. Arts and Science 	0	Reabulg, ID
	 Valedictorian and speaker at graduation 		
	1986-1990 Tioga Hig	h School	Tioga, ND
	 Valedictorian and speaker a 		0,
	and a second sec	0	
INTERESTS			

Past President of Preston Chamber of Commerce, Member of Tremonton Chamber of Commerce, mother of 3, instructor of nutrition and fitness, and a triathlete. I love working with and helping others succeed!

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 dietitan 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 seving 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!

> FAX (208) 852-2542 • E-MAIL JEANNINEGROLL@GMAIL.COM 106 BEAR RIVER BLUFFS PRESTON, ID 83263 208-406-9586

> > GROLL FAMILY FITNESS CORP. 30 N STATE PRESTON, ID 83263 208-852-2542 WWW.GROLLFAMILYFITNESS.COM