

## Meet Your Wellness Coach



### Christine Plisky MA

Master of Arts in Education – Georgian Court University  
Bachelor of Science in Elementary Education – State University of New York at Cortland  
Certified Group Fitness Instructor – American Council on Exercise Certified  
Aquatic Fitness Instructor – Aquatic Exercise Association

#### Previous Background

Prior to joining Ramp Health, Christine's career in education began in the classroom. She then began training in both small and large group fitness settings. For over 20 years, she has enjoyed training and guiding individuals who are on their journey to wellness. Outside of work, Christine enjoys HIIT training, biking, and spending time at the beach with her family.

**Christine believes our health is a great gift not to be taken for granted.**

**Consider Christine as a personal resource who will gladly answer your questions and offer coaching in areas such as:**

#### Health Metric Testing:

- Blood Pressure
- Body Composition
- Hydration

#### Management of Minor Aches or Muscle Soreness

#### General Health and Wellness Topics:

- Exercise, Fitness and Conditioning
- Tobacco Cessation
- Stress Management
- Nutrition
- High Blood Pressure, Heart Disease
- Diabetes
- Sleep

You may contact Christine at [cplisky@ramphealth.com](mailto:cplisky@ramphealth.com)

Everything is 100% Confidential!