

Meet Your Wellness Coach



Elizabeth Morella BA, NBCHWC, ERYT

Bachelor of Arts in Psychology and Philosophy – Rutgers University

National Board Certified Health and Wellness Coach

Certified Health Coach – Institute for Integrative Nutrition

Registered Yoga Teacher – Yoga Alliance

Certified Personal Trainer and Special Populations Personal Trainer – American Council on Exercise

Previous Background

Before transitioning into Wellness Coaching, Liz worked for 18 years as a certified personal trainer and 16 years as a registered Yoga Teacher in multiple settings and locations helping hundreds of people to reach their health and fitness goals. Outside of work, Liz enjoys hiking, teaching yoga to friends and family, organic gardening and time spent with friends and family.

Liz believes that developing healthy habits is an exciting journey that is within everyone's reach.

Consider Liz 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 Liz at emorella@ramphealth.com

Everything is 100% Confidential!