

Meet Your Wellness Coach



Stephanie Iskra BS, CPT

Bachelor of Science in Exercise and Sports Science with a Minor in Wellness Education – Ursinus College

Certified Personal Trainer – American College of Sports Medicine

Certified Group Exercise Instructor – American Council on Exercise

Previous Background

Prior to working for Ramp Health, Stephanie was working in corporate fitness and wellness as a program coordinator. During that time, she coached others to reach their health and wellness goals and also implemented health promotion programs. Stephanie was also a personal trainer and group exercise instructor. Outside of work, Stephanie enjoys hiking, being outdoors, playing with her dog Chewy, and baking healthy treats.

Stephanie believes that health and wellness are the key to happiness!

Consider Stephanie 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 Stephanie at siskra@ramphealth.com

Everything is 100% Confidential!