



Alyssa Fischer

Health Coach

Alyssa Fischer is a Health Coach with the Wellness Council of Arizona. Alyssa has her Bachelor's degree in Integrative Physiology and a minor in Health and Sports Studies from the University of Iowa. She also is a Certified Fitness Trainer through the International Sports Science Association. Alyssa was working with rehabilitating patients who suffered from traumatic injuries and neurological diseases. She looks forward to sharing her passion for fitness and nutrition using a holistic approach to help others live a more fulfilling life.

In her free time, Alyssa loves to be outdoors, doing anything from running and hiking to playing sand volleyball.

Health Enhancement Support

Nutrition

Physical Activity

Stress Management

Self-Care

Lifestyle Disease

Management



Strength, Energy, & Vitality!

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Alyssa works for the Wellness Council of Arizona to serve the health interests of employees. All information shared with her will be kept confidential and will not be shared with any management personnel or any other employees.
