



Adrienne Noriega

Health & Fitness Coach



Adrienne Noriega is a Health Coach with the Wellness Council of Arizona. She is a Yuma native who received her B.S. in Nutritional Sciences from the University of Arizona. She is certified as a health coach through the American Council on Exercise as well as the Nutrition Coaching Institute. Adrienne has previously worked as a health educator for the SNAP-Ed community and as a weight loss coach. Currently, Adrienne is pursuing her 200 hour Yoga Teacher Training to empower others with the transformative power of yoga.

Health Enhancement Support

Nutrition

Physical Activity

Stress Management

Self-Care

Lifestyle Change

Driven by her belief that health encompasses more than just physical well-being, Adrienne is passionate about helping people heal their relationship with food and their bodies. She specializes in supporting those grappling with diet culture, guiding them towards food freedom through mindful and intuitive eating. Adrienne enjoys having a very active lifestyle that includes yoga, strength training, walking, golfing, wakeboarding, camping, and off-roading with friends and family. Taking care of our bodies and minds is important for all of us to live a fulfilling life each day and Adrienne looks forward to helping you get on the path!

Strength, Energy, & Vitality!



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Adrienne 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.