



CINDY ROSS

CERTIFIED HEALTH COACH

Contact

Call/Text Directly
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Email
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Education

- Certified Health Coach, 11 years
- Bachelors in Health Science, University of Florida
- Occupational Therapy, 27 years

Speciality Training

- Pharmacy in Your Kitchen and Probiotics
Understanding the Gut Brain, Stress, Appetite, Digestion & Mood
- The Science of Fat & Sugar
- The Diet Revolution
- Inflammation, Chronic Illness & the Brain

Health & Wellness Personal Interests

Autoimmune Diseases
Anti-Inflammatory Diet
Gut Health

About Me

Cindy has the combined experience of being a health coach and an occupational therapist, giving her 39 years of valuable tools and education to help clients.

Cindy has a strong desire to help clients get down to the root cause of their health issues, helping them incorporate healthy habits that leads to sustainable lifestyle changes. Specializing in geriatric patients has helped her understand polypharmacy and orthopedic issues as they relate to obesity and weight.

Her personal experience with an autoimmune disease encouraged her to study the effects of nutrition and lifestyle in combating inflammation and chronic disease.

Cindy's Healthy Habits

- MOVEMENT - Outside walking, resistance training, and weight lifting
- INTAKE - She never goes a day without cucumbers, red bell peppers, and jicama!
- SLEEP Health - Consistent bedtime and wake time
- STRESS MANAGEMENT - Reading, exercise, and gardening

Family Life

Cindy is married with two sons (19 and 22). She enjoys vacations in the mountains, especially in the fall. She has a love for fitness, reading and gardening.

Her two dogs (Harley and Zuko) keep her busy with daily walks to check out not only the abundance of animals like deer and peacock, but also beautiful sunsets! Harley, is her special girl, despite being born without a hip joint, she can hang on those daily walks.

