

Anna Mullen

Health and Wellness Coach

Education and Certifications:

BS in Industrial Organizational Psychology from the University of Phoenix

Institute of Integrative Nutrition Health and Wellness Coaching Program

Institute of Integrative Nutrition Coaching Intensive Practicum

200 hour - Yoga Teacher Training Certificate from Down Dog yoga studio in Georgetown.

Services Offered:

- Lifestyle Health coaching



About Me:

Anna is a health coach trained through the Institute for Integrative Nutrition and a certified yoga teacher who helps clients move beyond all-or-nothing health patterns and into sustainable balance.

Her approach is rooted in preventative, intuitive wellness, focusing on foundational lifestyle habits and realistic nutrition strategies that support long-term well-being. Rather than quick fixes or extremes, Anna guides clients toward steady change that builds confidence and lasting results.

With a warm, grounded coaching style, she helps individuals reconnect with their bodies, strengthen self-trust, and create sustainable rhythms that feel achievable and aligned with who they are.

Anna's Philosophy:

Extremes create burnout. Alignment creates longevity. Sustainable health is built through steady action, courageous mindset shifts, and deep respect for the body as a whole.

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