

Shannon Smith

Health and Wellness Coach

Education and Certifications:

University of Maryland - College Park;
B.S. Kinesiological Sciences

University of Maryland - University College -
MBA/International Management

George Mason University; M.S. Kinesiology

ACE Group Fitness Instructor

ACE Certified Health Coach

ACE Certified Personal Trainer

Aqua Instructor (Primary & Advanced)

Nutrition Coach (Advanced)

Myofascial Release - Foam Roller

Usui Reiki Master Teacher

Access Bars Practitioner

Services Offered:

- Lifestyle Health coaching



About Me:

Shannon is a dedicated wellness practitioner holding both Bachelor's and Master's degrees in Kinesiology. She partners with clients of all abilities and goals to enhance their health, performance, and overall quality of life. Coaching and teaching have always been central to Shannon's life, and for the past decade she has focused on empowering individuals to feel confident and capable in their bodies. She finds deep fulfillment in witnessing clients experience "aha" moments and apply new insights in meaningful, lasting ways.

Shannon currently serves as adjunct faculty in George Mason University's School of Kinesiology, where she teaches courses in behavior modification, exercise testing, exercise instruction, and professional development. She is passionate about preparing students for successful careers in kinesiology by equipping them with practical tools to support sustainable behavior change, conduct safe and effective exercise sessions, and assess exercise performance according to industry standards.

In addition to her academic work, Shannon brings 16 years of management consulting experience, having led large-scale organizational transformation initiatives for the federal government. Her background uniquely positions her to integrate strategic thinking and evidence-based practice into her coaching.

Shannon has completed advanced coursework in exercise psychology and sport nutrition and has extensive experience mentoring in both academic and corporate environments. Her coaching specialties include lifestyle and exercise behavior change, nutrition coaching, and cultivating a strong mind-body connection.

Email: ssmit76@gmu.edu

