

Looking for Insights into Better Health and Greater Well-Being?



Meet Jody Miller

Jody is a Registered Clinical Exercise Physiologist who provides personal and therapeutic exercise training, behavioral nutrition and wellness coaching and Clinical Fitness Assessment. Her mission is to help clients navigate and determine optimal strategies for *taking the best care of themselves possible*.

Jody established a private medical fitness-wellness practice, Women's Health & Support Services in Potomac where she combines the areas of nutrition, exercise, self care (sleep, stress and medical health) along with emotional wellness for a comprehensive and compassionate approach to long term health, wellness and fitness success. Her experience spans the domains of cardiovascular, pulmonary, metabolic, orthopedic, neuromuscular and immunologic health.

Jody offers both individual and group consultation. She is the creator of the trademarked wellness and weight Loss program, *Change Your Mind Change Your Body*®, which she offers and presents to small groups as well as corporate clients and at Rancho La Puerta Wellness Spa in Mexico.