



# Jo Fone

Personal Trainer  
& Whole Health Educator

## Education

Henley Management College, UK – International Business School. Advanced Leadership Program

## Certifications

American Council on Exercise – Personal Trainer, Group Instructor and Health & Wellness Coach  
American Red Cross – Adult & Pediatric First Aid/CPR/AED

## About Me

Following a successful UK business career in the IT industry I moved to the US with my husband. Here I had a true life “follow your dream” moment with an opportunity to join the fitness industry. I became a Personal Trainer aged 43, and now 10 years later I’ve learned so much, am thriving and full of enthusiasm to continue. Qualifying as a Health Coach in 2021 means I can empower & support people in health & well-being in all areas of their lives. Two of my favorite quotes: “We rise by lifting others” & “I’ve learned people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

## Personal Interests

I subscribe to the enormous benefits of regular movement, being in nature and the close connection between physical and mental wellbeing. I’ve been a runner throughout my adult life, completing countless half marathons, several marathons and so far, one ultra marathon. I also love hiking, kayaking, US, and global travel, getting back into camping after a few decades off(!), experiencing art, live music, reading and socializing – time spent with good people is key to The Good Life!

## Contact

734-355-0628

Walton Family  
Whole Health & Fitness