

On a professional level:

Teri Harmon is the Group Fitness Director for Three Health and Wellness Facilities in Grand Rapids Michigan. These facilities are owned by Saint Mary's Health Organization and affiliated with Saint Mary's Hospital. Teri is a certified health and fitness instructor with the following organizations:

~AFAA

~AFPA

~BodyPump

~BodyFlow

~Spinning

~YogaFit I and II

~National Arthritis Foundation

~Zumba

Teri is passionate about health and wellness and is committed to helping others on their journey. TRE is the perfect compliment to leading a balanced lifestyle and reducing the effects of trauma and stress. Teri is also a presenter in the community, focusing on fitness and nutrition lectures and demonstrations.

On a personal level:

Teri lives in Rockford, Michigan with her high school daughter, Emma. Her son, Andrew is finishing college and on his way to medical school. Teri enjoys reading, cooking, exercising and seeing what God has planned for her next.