

ABOUT THE AUTHOR
Terry Gehrke

M.Ed

Terry Gehrke is a wellness/fitness professional with over 30 years of experience. She began her career as a Certified Group Fitness Instructor, and her passion to improve the health of her community led her to complete a Bachelor's degree in Exercise Science and a Masters in Health Education with a concentration in fitness, wellness, and community health.



Terry is known for her real-life approach to health, focusing on all dimensions of wellness and wellbeing. She concentrates on the individual's needs and abilities. Her philosophy reflects her passion to improve quality of life by providing education, tools, and resources. Her approach utilizes social support, campaigns, and incentives as the driving force of motivation to change. She believes long-term success requires an internal drive to change.

Her professional experience includes a Jefferson County Public School Systems grant project teaching cardiovascular health, nutrition, and exercise, as well as managing steps and completing research on the biometrics and behaviors for children in grades K-5. She works with individuals as a personal trainer and health coach, and she continues to teach at the University of Louisville in the Health & Sport Sciences Department. As the owner of Balanced Wellness, LLC, she lectures and administers group fitness and worksite wellness programs. She is a member of the National Wellness Institute, National Physical Activity Society, and Exercise is Medicine.

Certifications

American College of Sports Medicine, Health Fitness Specialist

Exercise is Medicine, Level 2 Credential

e-Cornell Plant-Based Nutrition Certificate, Cornell University

Certified Wellness Practitioner and Worksite Wellness Specialist by the National Wellness Institute