

V I + A L S I G N S

a division of TRINITY MEDICAL ASSOCIATES

Medically Based – Nutrition / Fitness / Wellness

Rebecca Johnson, ACE-CPT, NWI-CWWS
Director of Wellness

Rebecca Johnson has over 18 years of experience working in many diverse areas of health and wellness, including corporate wellness, bariatric surgery, health coaching, and personal training. She holds a Bachelor's degree in Exercise Physiology from The University of Tennessee and has been a Certified Personal Trainer with the American Council on Exercise (ACE) since 2006. Rebecca also holds a Certified Worksite Wellness Specialist certification from the National Wellness Institute. Rebecca is a Knoxville native and was a competitive gymnast for 13 years. Whether it is presenting to groups or working one-on-one with individuals, Rebecca has a strong passion for educating and encouraging others toward better health.

