

### **Lisa Miller, Balanced Body Trained Pilates Instructor**

Lisa graduated with a Masters in Health Science from the University of Missouri-Columbia. She has served in healthcare for over 10 years as a high risk perinatal sonographer and clinical specialist for medical devices. She discovered Pilates while in college and immediately loved the total body workout, postural benefits, mind-body connection and stress reduction. She obtained her Balanced Body Pilates training in 2014 and is passionate about Perinatal/Postnatal techniques as well as supporting and challenging clients to achieve their fitness goals. You will find upbeat music, positivity and innovation in her Pilates classes. Lisa is also a Functional Medicine Health Coach and is passionate about helping others with their health and wellness journeys. She is married with two small fur-babies, Sydney and Winston.