

GET TO KNOW YOUR COACH:

Laney

Hi! My name is Laney and I am pumped to get started with you! When you sign on with KJO we ask for A LOT of information and I think it's only fair that you get to know me too!



ON TOP OF BEING AN ORTHO/SPINE PHYSICIAN ASSISTANT AND KJO COACH, I AM A...

Wife, daughter, sister, friend, game night lover, dog mom to Taco, our golden retriever

HOBBIES:

Tennis, pickle ball, indoor soccer, cooking & baking, movies, foodie

SOME THINGS ABOUT ME:

My mom was a flight attendant growing up so my brother and I learned to love to travel. We backpacked through Europe after I graduated college!

I'm from Cincinnati, OH and *love my city*

I have been canyoneering twice and hope I get to go many more times!

My husband works in hockey and I have grown to love the sport. Hockey wife for life!

I grew up conditioning for sports but felt lost after I stopped playing. I spent most of college trying different fad diets and boot camps. When I found tracking macros and a good mix of cardio & lifting, I never looked back! I want to help you love this lifestyle as much as I do.

WHAT YOU CAN EXPECT FROM ME AS A COACH:

I'm here to listen to you and tailor my coaching to YOUR goals and lifestyle. I want us to have a relationship built on trust and honesty. The more we get to know each other, the better we can work together.

I'm here for you - always! I still talk to old clients regularly and consider them friends :)



 COACH.LANEY