



Well Within

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Training Philosophy

I believe that mental health begins with physical health. As Napoleon Hill said, "Your mental and physical health are inseparable. You cannot work to strengthen one without having a positive effect on the other."

In today's world, the time we spend behind screens is taking a toll on both our minds and bodies. True connection—real, lasting connection—is found not online, but in person: in our communities, with our neighbors, friends, and families. That's why I believe in the power of the Rec. It's more than just a gym—it's a place to reconnect with yourself and with others.

***"Connection doesn't happen
here 📱, it happens here***

