

Mazzy Andrade

Health & Fitness Coach

Meet the Coach

Mazzy Andrade is a Health Coach with the Wellness Council of Arizona. She was born and raised in Los Angeles County, California and has spent most of her career as a social worker. She has six years of health promotion education and public speaking. She has a bachelor's degree in Health Science and a Master's degree in Public Health. She is currently working on a Master's degree in psychology to further expand her knowledge for health coaching practice.

Mazzy has a passion for helping others and empowering her community. She has unique experience in delivering stress management curriculum as well as helping others develop individualized goals to meet their needs. She enjoys engaging with her community and encouraging individuals to feel confident in their ability to make positive lifestyle changes. Mazzy enjoys strength training and calisthenic exercise. She also enjoys yoga and engaging in daily self care. She believes in the benefits of whole body care to include physical, mental, emotional, and spiritual well being.

What is a Health Coach?

Do you need fresh ideas for eating well or putting life back into a tired or retired exercise routine? Or, would you like to lose weight, improve cholesterol, reduce hypertension, manage diabetes or stress? A Health Coach can help you meet your Wellness Goals through:

Nutrition
Sports and Fitness
Weight Loss
Stress Management
Self-Care
Disease Management

Email Coach Mazzy to Set an Appointment!

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