

Meleena Littlejohn B.S., Health Promotion Technician

Army Wellness Center

General Leonard Wood Army Community Hospital

Education:

- Bachelors Social Science with Minor in Sociology from Troy University, Troy, AL
- Masters of Science in Sports & Fitness Management from Troy University, Troy, AL (currently pursuing)

Certifications:

- Aerobics & Fitness Association of America Certified Personal Trainer
- AFAA Diet Free Life Nutrition Coach
- TRX RIP Trainer Instructor (lever bar/resistance cord fitness device)
- Group Fitness Instructor
- Tabata Bootcamp Instructor
- Cardio Pulmonary Resuscitation Instructor

Previous Experience:

- Personal trainer and group fitness instructor for four years at MWR
- Served as Program Manager, MWR Fitness & Personal Training dept.
- Organized many fitness events on Fort Leonard Wood including the 107-participant "Lose to Win Weight Loss Challenge"

Office Location:

Army Wellness Center, Fort Leonard Wood, 199 E. 4th Street Building 2081, Fort Leonard Wood, Missouri

Reasons to visit the AWC:

- Premier health and wellness programs for individuals to live healthy, sustainable lifestyles
- Accurate analysis of body composition, metabolism and fitness
- Highly trained and experienced wellness professionals dedicated to supporting and providing the best comprehensive care plans for clients

What do you like most about your job?

Mrs. Littlejohn: "The ability to help others achieve their wellness goals and feel better about themselves is why this line of work is so rewarding to me. I LOVE WHAT I DO! I love to learn new things and being in the Fitness/Wellness field allows me to broaden my education because of it's ever changing and new innovative technology and practices."

Where did you grow up?

Mrs. Littlejohn: "I grew up in the most southern part of Alabama in a city named Mobile. I have not lived there in many years and I really miss the southern culture there. I also love animals and have a beautiful white Pomeranian named Sugar that I believe understands me better than my children do at certain times!"

How do you spend your time when you're not working?

Mrs. Littlejohn: "First and foremost, I am a wife and mother. My children are very active in sports such as soccer and basketball as well as the Young Marines Program here on Fort Leonard Wood. I am an NPC Physique Bodybuilding Competitor and recently placed in each of my three competition categories which qualified me to compete in Nationals during the summer of 2016. I love working out and improving my total wellness daily. I am constantly researching the latest fitness and nutrition trends to better educate myself and my clients. I am always striving to be better than the person I was yesterday. I also love to dance and enjoy life to the fullest. I never go a day without smiling."



Accepting
New
Patients



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