



Lena Di is a Wellness Entrepreneur from Atlantic City, NJ. She holds a BA in Psychology and Communication from Rutgers University, post baccalaureate credits in Clinical Psychology, NPTI Personal Trainer Certification, NPTI Nutrition Consultant Certification, AAI Yoga Instructor Certification, a 200 Hour Registered Yoga Teacher Certification, Baptiste Yoga for Youth Certification, and an experienced professional dancer and choreographer.

Over the past five years, Lena Di has offered a variety of services including in-home & online personal training, nutrition consulting, corporate wellness presentations, international fitness retreats, youth fitness programs, yoga, meditation, entrepreneurship and mental health presentations, and athletic training. She serves as a mentor for the Alumni Virtually Influencing Student Success Mentoring Program for the SAS EOF Program at Rutgers, has presented for Stockton University business classes and the SAS Alumni Career Conferences, and has co-facilitated seminars at the Atlantic City Library Teen Summer Entrepreneurship Program. She received a Spotlight feature on the SAS EOF website, was featured in the Press of Atlantic City on two occasions, seen on SJN Today news and Fox 29 Philly news with Bob Kelly, and is the recipient for the 2018 Stockton University Small Business Development Center Success Award.

Lena Di combines her love for movement, dance, health, and wellness with her commitment to serving others. She is dedicated to helping her clients set, reach and exceed their wellness goals. She brings her strong belief in the mind-body connection to her practice along with enthusiasm and a positive/non-judgmental attitude. She emphasizes functional movements, resistance training, yoga, and meditation to assist clients with gaining strength, adding muscle, increasing power, improving proprioception and flexibility, and self-discovery. The result is a well-toned, capable mind and body – **ready for work; ready for athletic performance; ready for life!** More information can be found at iamlenadi.com.