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**November 25th 2019: Village Health Clubs & Life
Time Athletic Club**

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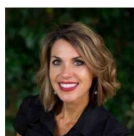
On this episode we interview Jaime Parker. As an adolescent, Jaime wore a back brace for four years due to severe scoliosis, gained more than sixty pounds, and lived in daily physical and emotional pain. In college, she found joy in exercising, specifically running, which helped strengthen her back and improve her entire well-being. She is now an accomplished endurance athlete, finishing 50 full marathons (including multiple Boston marathons) and hundreds of shorter distances and triathlons. She is also an avid hiker, completing the rim to rim journey of the Grand Canyon as well as earning

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Featured Guest



Jaime Parker

Jaime Parker, Ph.D. is an Associate Director for the Wellness Council of Arizona, Co-Founder of Avidity Wellness Consulting & Events, and a Group Fitness Instructor at the Village Health Clubs and Life Time Athletic Clubs. She has been an educator in both elementary and university classrooms and active in the wellness field for more than 25 years.

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