

Jesse Vang

Program Manager

Education: B.S. Kinesiology Emphasis in Fitness Management at UW - Milwaukee, WI.

Experience: Group training, personal training, body composition analysis, functional training, exercise prescription, strength and conditional, sports nutrition, and nutrition.

Why you chose fitness field: Interestingly I got into the field of fitness by demonstrating an exercise routine during a public speaking course. My classmates encouraged me to pursue fitness and they believed I can help change lives by sharing my knowledge. After contemplating the decision, I made the choice to transfer to Milwaukee to seek a Kinesiology degree. Today, I have helped many individuals sit less and move more by guiding them to a healthier lifestyle.

Hobbies: Indoor rock climbing, walking, weightlifting, watching Green Bay Packers, cooking, listening to fitness/sports podcast, reading, volleyball, flag football, re-watching The Office.

