



Stephanie Mitchell is the owner/trainer of Stephanie Mitchell Fitness, LLC. Her mission is to help create strong, mindful and feisty females. She specializes in women's fitness and has a BS and MS in health education. Stephanie has her personal training certification from NASM and is a Chopra Center Certified Meditation Instructor.

Her previous professional experience includes managing health and wellness programs for Arlington County Government and Inova Health Systems. She also served as adjunct faculty at Marymount University.

Stephanie enjoys running and participating in triathlons. In 2015 and 2017, she completed the Lake Placid Ironman and has completed several half and full marathons.

She believes that exercise should bring you joy and provide you with the strength and stamina to enjoy all the other parts of your life.

Stephanie lives in Arlington with her husband and two kids and their dog, Ozzy.