



Lisa Trimper, M.S., B.S.

Precision Nutrition Certified Sport Performance
Health & Wellness Educator - Coach

Stetson University

The "Hatters"

DeLand, Florida

Lisa Trimper is a Precision Nutrition Certified Sport Performance Health and Wellness Educator with over 20 years of professional experience working in clinical healthcare, higher education and corporate environments. Lisa is passionate about the work she does each and everyday to support the health and wellbeing of the student-athletes she serves. Her goal is to instill healthy lifestyle behaviors and promote optimal sport performance. At Stetson University Sports Medicine, Lisa promotes academic and athletic success through nutrition, hydration, rest, mental wellness and conditioning.

Lisa's prior professional work experience includes Health and Wellness facilitation within higher education at The University of Vermont, University of Maine and Stetson University and clinical healthcare at Northernlight Medical Center. She has experience in individual and small group health coaching, Sport Performance and Nutrition.

Education and Professional Affiliations

Lisa holds a M.S Degree from Suffolk University in Boston, MA and a B.S Degree from Eastern Connecticut State University, Willimantic, CT.

She holds designations in Sport Performance with a concentration in Nutrition and Communications, as well as earning a Certification in Health Coaching through Wellcoaches Inc., one of the leaders in Health and Wellness Coaching credentialing. Lisa holds professional certifications in Mental Health First Aid and Precision Nutrition.