



# Taste for the Troops 2022

## Laguna Niguel Military Support Foundation



### Melanie Foudy Fitness Testing and Program



Starting Bid **\$100.00**

Retail Value \$425.00

1 Available

Donated by **Melanie Foudy M.S., IMS, CES, PES**

*Fitness Testing and Posture and Movement Assessment followed by a personalized Corrective Exercise Program.*

#### **About Melanie**

*Melanie has earned double Master Degrees of Science in Kinesiology and Health Promotion and Sports Psychology.*

*She is also an Integrative Movement Specialist, Corrective Exercise Specialist, and Performance Enhancement Specialist through the National Academy of Sports Medicine.*

*She has worked in Sports Medicine and Health and Fitness promotion for over 30 years providing consultation and programs to individuals, athletes, corporations and on various appearances on television and radio.*