

# VITALSIGNS WELLNESS

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Jacki Rivero  
VitalFit Coach

After globe-trotting as a military spouse and mom of 3, Jacki and her family recently settled in Knoxville. As a mom, she prioritized looking after her family instead of her own self-care and eventually realized she needed to prioritize herself! Jacki embarked on her own personal fitness journey and her love of fitness blossomed. She became a VitalFit coach to share her knowledge and personal insight with others and hopes her story will encourage and motivate them to get on the path to fitness.



Jacki graduated from the University of Maryland Global Campus with a bachelor's degree in Business Administration. She is also a certified SilverSneakers instructor and leads classes for seniors at VitalSigns.