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Matt Rogers Director of Corporate Wellness

Matt, a native Floridian originally from Miami, moved to Knoxville in 2020 with his family to start a new chapter in life. This move has been in the making for years and he is thrilled to establish new roots. He moved from Naples where he most recently held a position as a Health Advocate/Fitness Coach with a local sheriff's office.



Matt holds a B.S. in Sports and Fitness from the University of Central Florida and a Masters degree in Applied Exercise Physiology also from the same institution. He is a Certified Exercise Physiologist through the American College of Sports Medicine (ACSM) and holds an Exercise is Medicine Level 2 credential also through ACSM. He has been in the health and wellness industry for fourteen years with various titles such as health screening technician, strength coach, and lead personal trainer.

Matt enjoys spending time with his family, reading, drinking coffee, and tinkering in the garage. He is married to his wife, Nichole, and has two wonderful children.