

VITALSIGNS WELLNESS

Shaylie Rutherford VitalFit Coach

Shaylie is currently a student in kinesiology at the University of Tennessee and was VitalSigns' first VitalFit intern the summer of 2020. Shaylie was an athlete on a nationally ranked high school dance team, where she found her passion for health and exercise science. In 2022, Shaylie will graduate with her bachelor's degree and hopes to continue pursuing her education in exercise science. Most of all, she loves helping others be the best version of themselves!

