



"TO INSPIRE AND EDUCATE LIVES THROUGH FITNESS AND WELLNESS"

Rachelle Howse, Owner, Momentum Health and Wellness



Rachelle Howse started Momentum Health and Wellness in 2013 to inspire and educate people about fitness and wellness. Rachelle has her Bachelor of Science in Kinesiology and is a Certified Exercise Physiologist. Before starting her own company, Rachelle worked for MacEwan University and the City of Edmonton.

Rachelle is originally from Saskatchewan. She moved to Edmonton 12 years ago and has been an active member of her community helping promote health and wellness to a variety of clientele such as: prenatal / postnatal women, families, injury rehab and occupational health. Rachelle is very passionate about properly educating people on living a healthy lifestyle.

Rachelle Howse and her husband are now raising three beautiful girls in Edmonton. Being a mom herself, Rachelle understands the stress that comes with raising a family and working. She can relate to other moms and families about different pressures we may be exposed to and how it affects our bodies. Rachelle's desire to help others achieve their fitness and wellness goals and to manage their stress level is based on helping clients find a balance within the different dimensions of wellness.

Philosophy:

My goal is to educate and provide the necessary support and resources to my clients as they embark on their fitness and wellness journey.

Company Information:

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