



Bre Moro



Health Coach

Bre Moro has been a Health Coach with the Wellness Council of Arizona for 10 years. She holds a Bachelor’s Degree in Elementary Education from Arizona State University. She also holds a Master’s Degree in Educational Leadership from Northern Arizona University and is a certified Administrator in the State of Arizona. Bre is a certified personal trainer through the National Council of Certified Personal Trainers. She also holds a group fitness certification through the National Exercise Trainers Association.

Bre has spent her career in education striving to ensure her students are learning the skills they need and pushing them to exceed expectations. She has been a classroom teacher for eight years and has taught multiple grade levels along with English Language Learners. Bre was also a coordinator for the summer school program at Tempe Elementary. She worked hard at developing curriculum, providing professional development, providing verbal/written constructive feedback, counseling parents, and many more duties that a school leader upholds.

After her father’s death in April of 2014, she realized that life is just too short and she needed to pursue her truest passion in life – health and wellness. Knowing this, she left the elementary education world and actively pursued a health and wellness career. Today she is still a teacher; however, instead of educating children, she has the joy of educating adults on the opportunities and strategies available to live a happier, healthier, joy-filled life.

In her free time, Bre enjoys running. She has ran 6 half marathons. She also enjoys reading and spending precious time with friends and family. She loves athletics and physical exercise. She has played soccer since she was a child and ran track as well. She credits constant exercise and consistent body awareness as her keys to good health and well-being.

Strength, Energy, & Vitality!

Health Enhancement Support

Nutrition

Physical Activity

Stress Management

Self-Care

Lifestyle Change



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Bre works for the Wellness Council of Arizona to serve the health interests of employees. All information shared with her will be kept confidential and will not be shared with any management personnel or any other employees.