

Kate McKenna Provencher

Bellport High School Class of 2002



Kate McKenna Provencher, BHS Class of 2002, is a highly accomplished professional with a diverse experience background and a passion for empowering others to lead healthy and fulfilling lives.

In 2006, she earned a Bachelor of Arts degree in Psychology where she developed a deep understanding of human behavior and motivations. Following her interest in healthcare, she obtained a Bachelor of Science in Nursing degree in 2008 equipping her with new knowledge and skills to pursue her enthusiasm for fitness. Kate became a Certified Fitness Instructor in 2013. This certification allowed her to combine her knowledge of psychology and nursing with a passion for physical well-being. In 2014, Kate established Stroller Strong Moms of Fairbanks Alaska, a thriving fitness business catering specifically to postpartum women. Recognizing the need for such support in other geographic areas, she expanded her business in 2017 by establishing Stroller Strong Moms of Anchorage Alaska. In 2018, Kate ventured into the world of entrepreneurship once again partnering with John Watkins' "Feed Me, Fight Me" clothing brand to establish a thriving fitness wear brand. This venture allowed her to apply her expertise in fitness and business development as well as her keen sense of market trends and customer preferences all while being a military wife supporting her husband and raising 3 young children.

Throughout her career, Kate has demonstrated a commitment to helping individuals improve their physical and mental well-being. She thrives in dynamic environments and enjoys creating inclusive communities where individuals can connect, support one another, and achieve their goals.