



Dianna Haas:

Gymnastics Program Director & Fitness Instructor

Education:

*-Business Management;
Jefferson College
-Associates of Physical Science;
St. Louis College of Health Careers
-Studied: Patient Care, Phlebotomy, Cardio
EKG Tech, Insulin Medication Tech, and
Registered Nurse.*

Certifications:

*-Certified Personal Trainer;
Oklahoma Baptist University
-Nutrition and Weight Management;
American Council of Exercise*

Dianna brings a unique dynamic to the FLC team. She works as a fitness instructor and personal trainer but also is the Director for our Gymnastics Program. She also brings a solid medical background to the team earning her Nursing degree and working in the nursing field for 13 years. Dianna was an elite level gymnast before high school and then a 4 year varsity multi-sport athlete while in high school. Dianna has gone through several surgeries in her life including knee and back surgeries that could have held her back from being active; with one even threatening her ability to walk. With Gods will and her determination she is able to teach fitness and gymnastics at the Family Life Center.

Fitness Goals: Dianna is always looking for ways to share her passion of health and fitness to all walks of life no matter age, ability, or ailments. She believes in her God given talent to serve the Lord in helping others find their purpose and reach their goals.

About: An elite level gymnast, multi-sport varsity athlete, elite level track and field athlete; Dianna did it all. She has also fought back from debilitating back surgeries that many doctors thought would leave her unable to walk. From all of her experience she truly enjoys helping anyone and everyone become and stay healthy and active.

Favorite Bible Verse: 1 Corinthians 10:31 “So whether you eat or drink or whatever you do, do it all for the glory of God.” 2 Chronicles 15:7 “But as for you, be strong and do not give up, for your work will be rewarded.”