



Natalie Johnson is an expert in individual and organizational performance. She has over 30 years' experience working with employers, healthcare systems and carriers on creating strategy that improves individual performance and company productivity. Natalie's background in Exercise Physiology, Performance Nutrition & Performance Psychology sets the foundation for how behavior changes can have a significant impact on individual performance if there is connection to a meaningful purpose. She is an award-winning Health Coach, Performance Coach, Sports Nutritionist, and Performance Trainer. She has received a variety of awards including Healthcare Hero, Champion of Healthcare, Health Program Innovation Award, Corporate Wellness Leadership Award and Business Leader Woman Extraordinaire. In our fast-paced environment, Natalie helps individuals and organizations identify ways to sustain high performance while maintaining balance, health and happiness.

Natalie is described as highly energetic with a contagious positive vibe! Personally, she manages a highly demanding professional schedule and is married to a Law Enforcement Officer and raising two active boys!