



# Kimber Smith

Whole Health Coach, Essentrics  
Instructor, & Mindful Art

## Education

BFA University of North Texas

## Certifications

NBHC Health & Wellbeing Coach, Chopra Wellness Coach, Essentrics Instructor, AFAA Group Fitness Instructor, Whole Health Facilitator, CPR

## About Me

I am a Texas girl who found my roots in NWA. The first time I drove through the Bobby Hopper Tunnel, I knew I was home. I love hiking, kayaking, water/snow skiing, dancing, and Essentrics. Additionally, I love cooking, hosting dinner parties, and eating bread, which is how I ended up switching my career from being an Art Teacher to Weight loss Coach after my own 50lb weight loss journey. In helping others, I helped myself. It is my joy and purpose to help all of us improve our health span. As a teacher, community leader, and small business owner, I have a combined 20 years in teaching, leadership, and creative thinking. With my diverse background and unwavering dedication, I am confident in my ability to inspire positive change and support individuals in achieving their health and wellness aspirations.

## Personal Interests

Penelope, my two-year-old Berne doodle, Mahjongg, and volunteering at Crystal bridges Museum add joy to my life. I am proud to be part of a growing movement of shifters who are redefining not only what healthy aging looks like, but more importantly, what it feels like.

Walton Family  
Whole Health & Fitness