

Laila Vehvilainen

Laila is a certified fitness instructor, senior fitness specialist, personal trainer and health educator. She is interested in women's health/wellness and healthy aging working 1:1 with clients, teaching aquatic and land fitness classes and facilitating wellness groups. She holds Masters in Gerontology and Public Health and has worked in fitness/wellness for the last 12 years. Laila has also worked in academic teaching, as a Research Project Manger/Researcher in aging research, and as a Program Director at a Council on Aging.



Certifications: National Academy of Sports Medicine (NASM), Certified Personal Trainer; National Academy of Sports Medicine (NASM), Senior Fitness Specialist
US Water Fitness Instructor Certification
AAAI Certification, Phase I and II (Working with Seniors and Special Populations)
American Red Cross, CPR and AED Certification
Arthritis Foundation Land Exercise Program Certification
Arthritis Foundation Aquatic Exercise Training
Stanford Chronic Disease Self-Management Lay Leader
"Keep Moving" Walking Club Leader Certification
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