



Changes For Life

Move Better. Feel Better. Live Better. ®

About Changes For Life and Founder Theresa Cordova

Founded in 2006, Changes For Life is a Long Island-based personal training and wellness company dedicated to improving quality of life through personalized fitness, movement education, and guided wellness programming. With over 20 years of experience in exercise science, resistance training biomechanics, and community wellness, founder Theresa Cordova has built multiple organizations focused on helping individuals of all ages and abilities move better, feel better, and live better.

Changes For Life specializes in client-defined fitness, expert-guided exercise, and educational wellness programming designed to help individuals safely and effectively improve strength, endurance, mobility, balance, functional abilities, and overall well-being.

Through personalized support, motivation, and professional guidance, the team empowers clients to make sustainable lifestyle changes that promote long-term health and wellness. Known for her passion, hands-on approach, and motivating energy, Theresa and her team create fun, welcoming, and encouraging fitness environments that combine professional guidance with community connection and support.

At Changes For Life, we believe wellness is a lifelong journey built through education, support, consistency, and small positive changes that can be sustained for life.

Specialized Wellness Services

Strength & Mobility Training • Guided Exercise • Functional Fitness • Balance & Fall Prevention • Recovery & Mobility • Pilates & Core Conditioning • Yoga & Restorative Movement • Sound Healing • Breathwork & Nervous System Regulation • Zumba & Cardio Classes • Community Fitness Classes • Corrective Exercise • Wellness Education • Small Group & Private Training • Specialty Wellness Programs Including Mind Over Matter Neurocognitive & Brain Health
