Dianna Morgan, BSN, RN

Dianna combines her experience as a Registered Nurse, National Board Certified Health and Wellness Coach and Certified Personal Trainer to empower her clients to reach their health and wellness goals.  She is passionate about creating realistic and individualized  plans that last a lifetime. Her passion began with her own health journey and desires to spread her extensive knowledge and guidance to those that are ready to make a change and live a full and balanced life. Her approach is holistic, safe and successful.

Dianna understands your time is important and can help you prioritize the next steps to help you become and stay successful. Whether your goals include nutrition, exercise, flexibility, fat loss, toning, corrective exercise, grocery store tours, sleeping better or all the above, Dianna will be with you on your journey. If you have a medical condition, autoimmune considerations or had difficulty staying on track in the past, she will guide you so you can live life to the fullest.

When not at the gym this Woodlands native can be found around town at horse shows, sports fields or in her kitchen making simple meals.  She currently resides in Montgomery with her three children and husband Derek.