



Shawna Cullen Personal Trainer It Fits Wellness



Shawna Cullen said, “I love being a BCOA Member because it allows me to exude my passion of helping others achieve their best health, especially the elderly population”.

Originally born in Hawaii, Shawna grew up in Colorado for 25 years, and now she loves her life in Pompano Beach. Her most prized possessions are the relationships with her 22-year-old son and her grandson, Angel.

A love for health and exercise started for Shawna in junior high, where she managed all the sports teams, played basketball, and began to work-out in the gym. The effect it had on her mental health changed her life, and her passion was discovered. She knew then that she had to share the fact that exercise was necessary to sustain a healthy mind, let alone a healthy body.

Quickly beginning to teach weight classes at this young age, Shawna proceeded to graduate college with a kinesiology degree in 2007. She has managed gyms in all departments, but the most rewarding position has been personal training.

Shawna branched away from the corporate world to run her own personal training business 10 years ago, and now has the freedom to cater to all populations and provide them with holistic health solutions.

Working with elderly individuals has allowed Shawna to extend their lifespan, recorrect their posture, and even get them out of hospice. “There’s nothing better than to see them add more time to their lives, and to continue to enjoy the things that keep them ticking.”