



Kimber Smith

Health Coach, Essentrics Instructor, and
Mindful Art Instructor

Education

BFA University of North Texas

Certifications

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, Mahjonn, 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