

Dr. Kerry Sylvester is a seasoned professional in the realm of health and wellness. Beginning her career as a Health Coach, she swiftly ascended to the role of Director of Coaching Services, where she pioneered a comprehensive health coach training program, shaping the trajectory of a robust coaching initiative that now benefits over 600,000 members and their families.

With a Doctorate in Health Education, a Master's degree in Integral Health Education, and a second Master's degree in Kinesiology, Dr. Sylvester seamlessly blends academics with practical expertise. Her commitment to advancing health literacy and promoting behavior change was exemplified in her role as Director of Product and Strategy for a prominent health benefit service provider. Here, she spearheaded wellness and biometric screening programs, establishing herself as a subject matter expert in wellness and health promotion.

A trailblazer in digital health, Kerry led the design and launch of an enterprise-level wellness engagement platform known for its inclusivity and emphasis on self-directed behavior change. Her certifications as an ACSM Certified Exercise Physiologist (ACSM-CEP) and a Master Certified Health Education Specialist (MCHES) through the National Commission for Health Education Credentialing (NCHEC) underscore her commitment to excellence in the field.

Dr. Sylvester's passion lies in empowering individuals to understand and take charge of their health. With a particular focus on weight management and physical activity, she translates theory into actionable steps, guiding others toward improved health and an enhanced quality of life, regardless of their current position on the health continuum.