

Kevin Pedrey, LMT, PFT

Make your health and life a priority

Kevin Pedrey offers personalized services specifically designed for the health and wellness enthusiast, and those ready to live an active and healthy lifestyle.

His training programs will help you gain better health including, overcoming pain, reducing stress, improving nutrition, losing weight, and learning strategies to begin exercising safely.

You will learn the necessary strategies needed to reach your goals, and the steps to being in control of living a healthier life.

Learn how I can help support you in your health and wellness journey today!



KEVIN PEDREY, LMT, PFT

SPECIALIZATIONS:

- Health and Wellness Coach
- Licensed Massage Therapist
- Personal Trainer & Movement Specialist

"There is more to health and wellness than fitness and nutrition."

"Kevin is a gifted coach, full of positive energy and deep insight. Just one session with him was more productive than weeks of conversations with other coaches I've met. He helped zero in on mindset issues and blocks that were holding me back from pursuing my goals and dreams."



Devin Singh, PhD, Founder @ Leadership Kinetics and Associate Professor @ Dartmouth

"I lost over 50 pounds, dropped my A1C from 6.7 to 5.7, cured my drop foot, have improved mobility, less pain and have not been at my current weight since I was 45 years old. With any luck, my healthy lifestyle will promote a long and healthy retirement."



Crit D. Retired

Kevin Pedrey, LMT, PFT, Health and Wellness Coach

www.kevinpedrey.com | 360-477-8553

Why Kevin Pedrey?



Kevin is a certified personal trainer through the nationally accredited school at the International Sports Sciences Association (ISSA). His specialties include physical movement through exercise, massage and stretching. In early 2016 with over 13 years' experience in Tai Chi, Kevin became certified to teach Yang Style Tai Chi through the Gilman Studio in Port Townsend. He bridges fitness and wellness using movement and corrective exercise as an alternative for pain management.

Kevin graduated from Humanities School of Massage in Pinellas Park, Florida. The core of his studies and certifications included:

- Therapeutic Massage
- Deep Tissue Massage Therapy
- Trigger Point Therapy
- Myofascial Release
- Muscle Energy Technique
- Swedish Massage
- Active Isolated Stretching
- Functional Movement Specialist
- Neuro-Kinetic Therapy Trained
- Cupping Therapist

Credentials:

- Licensed Massage Therapist
- ISSA Personal Trainer
- Reiki Practitioner
- Certified Professional Herbalist
- FMS LEVEL 1 Certified
- Kettlebell Coach
- Rock Steady Boxing Coach trained
- Advanced Leadership and Facilitation Training
- Advanced Level Active Isolated Stretching Therapist
- NeuroKinetic Therapy Level 1 Certified
- Cupping Therapy Certified
- Tai Chi instructor
- TRX Coach

Specializations:

- Injury Prevention Programs
- Strength and Conditioning Programs
- Mobility and Self-Care Programs
- Nutritional and Herbal Programs

Please also note that Kevin is a preferred treatment provider for Labor and Industries (L&I) and Personal Injury Protection (PIP) Auto Accident Insurance.

Kevin Pedrey focuses on client involvement and education for the most effective treatment outcome. He is results driven and is always looking to further his knowledge base. To this end, Kevin continues his extensive training through ongoing one-on-one mentorship and ongoing education training.

