
BLOOMWELL HEALTH



Alyssa Omile, MS, NASM-CPT

Alyssa Omile is a Fitness Specialist with over 8 years of experience in fitness and wellness. She has expertise in wellness coordination, program development, and delivering client-focused wellness initiatives. As a NASM-Certified Personal Trainer, Alyssa has a strong background in fitness instruction and assessment aimed at reducing health risks and promoting healthy lifestyle behaviors.

Currently serving as the Fitness Center Manager at the National Institute for Fitness & Sport in North Carolina, Alyssa designs and implements monthly wellness programs that engage more than 400 members. She performs fitness assessments, develops wellness programs, and motivates residents to participate in lifestyle behavior programs.

Additionally, Alyssa collaborates with wellness professionals to strengthen initiatives, partners with wellness vendors for educational resources, and prepares evaluation reports to update program targets and manage budgets effectively. Alyssa is passionate about empowering individuals to achieve their fitness goals and improving overall community wellness.