



## *Coach Melody Biography*

Melody McClellan, better known as Coach Melody, is the Founder and President of Unwrap You, and an expert in the health and wellness field. She is a graduate of Southern Illinois University at Edwardsville. Coach Melody is a published author of three books: *Unwrap the New You Interactive Wellness Journal*, *Releasing the Superwoman Mentality*, and *Your Dreams are Possible*. Melody has over 19 years of sales experience in the health field, specifically in the areas of diabetes, cholesterol, stress, obesity, and weight management.

After witnessing the health epidemic first-hand, Melody decided to further her passion for health and wellness by receiving additional education and training in nutrition. As a Certified Holistic Health Practitioner, Coach Melody develops personalized workshops, facilitates lunch and learns, participates in speaking engagements, implements corporate wellness programs, and engages group of all ages in a variety of topics related to health, wellness and life skills. Coach Melody's mission is to educate and improve the health disparities of youth and employees through altering lifestyles and making sustainable changes.

Coach Melody received the St Louis American 2017 Salute to Excellence in Health Care Award. She has appeared on Channel 2 and various other media outlets for community projects, including her major give back for the city of East St Louis, the 3rd Annual Family Fun 3K walk. Click the link: <https://youtu.be/Cyi43Tcao1o>.

As a Certified Holistic Health Practitioner, Coach Melody offers guidance and accountability using behavior modifications that incorporates healthier habits, such as adjusting diet, exercise, stress reduction, mindfulness, and self-care.

In addition to her passion for health and wellness, Coach Melody is an ambassador for the American Heart Association, Health Contributor for I Am ESL Magazine, and a life member of Alpha Kappa Alpha Sorority, Inc.