Christine Phillips, M.Ed., HFS, RYT, GFI
Assistant Professor, Sport and Exercise Studies

Christine Phillips is an assistant professor in the Sport and Exercise Studies program at Cuyahoga Community College (Tri-C®). She began as an adjunct in 1993 teaching Physical Education courses but has been in the Health and Fitness industry since 1986.

Professor Phillips has her Master's degree in Exercise Science, is a Certified Health and Fitness Specialist through the American College of Sports Medicine, a register Yoga Teacher through the Yoga Alliance, and Certified Group Fitness Instructor through the American Council on Exercise. Over the years she has taught credit and non-credit classes, workshops and seminars on a wide range of health and wellness topics including yoga, meditation, stress management, exercise options, and many more. Professor Phillips is passionate about helping people be healthy, happy and peaceful by sharing wellness in its many forms.

Speech Topics:

- Relaxation Techniques: Stressed? I can help! Learn some easy techniques to help ease your body and mind.
- Wellness – Learn why it is so much more than lack of disease.
- Yoga – What is it, and do I have to be flexible to do it???
- Mindful eating: One bite at a time!
- Home is Where the Gym is. Don't have time to work out? Can't make it to the gym? Don’t have any equipment?? Learn simple ways to incorporate exercise into your daily life.
- Just Relax! – Meditation techniques that work!