



Kelly Bradley, MSPT, CNC, CHHC, RYT, CPI

bradleywellness.com

Kelly is the founder and executive director of Bradley Wellness, LLC, based in Washington, DC. She is a private practice clinician and professional wellness educator. Her passion is healthy living and teaching others simple, easy and fun ways to live well. Kelly has spent her life experiencing and learning ways to live well and be healthy and happy in this fast-paced world. She is authentic, real and she truly "walks her talk".

Kelly primarily uses a combination of pilates, gyrotonic exercise, yoga, body rolling and physical therapy techniques to treat patients and work with clients. She is an expert in movement, anatomy/physiology, body mechanics, posture and ergonomics. She is a certified instructor in yoga, pilates, gyrotonic and Yamuna Body Rolling. She is also a certified Holistic Health Counselor and a certified Nutrition Consultant.

Kelly hopes to inspire others to make healthy changes, take action and live healthy. She provides her clients with the tools that they need to be pro-active about their health and make their dreams come true.

