

Jennifer Cooper

Jennifer Cooper possesses a Master of Science degree in Psychology and boasts a wealth of experience spanning more than twenty years in the realms of counseling, education, and health program development and implementation. Her husband has devoted 30 years of service to the United States Navy as an active-duty SEAL, a connection that greatly enhances her understanding of the Naval Special Warfare Community.

Following the completion of her master's degree, Jennifer served as an assessment counselor in the Bay City School District, extending her support and guidance to students with special needs. Upon her husband's relocation to Coronado, she skillfully merged her passion for fitness and nutrition with her counseling expertise, resulting in the establishment of Personalized Fitness. Through this endeavor, she crafted motivating workout regimens, nutrition plans, and coaching and accountability strategies tailored for a diverse clientele, including professional athletes, active-duty SEALs, and fitness novices.

Jennifer's journey with Personalized Fitness led her to Kodiak, Alaska, where her husband took a job at the Kodiak Island Training Detachment. During her time in Kodiak, she identified an opportunity to enhance the local school system's fitness and nutrition program. Jennifer successfully secured a grant from the State of Alaska to develop fitness and health programming for Kodiak Island Schools, providing guidance to students and staff alike on recommended fitness and health practices. When her husband was once again stationed in Coronado, Jennifer continued her work in health and fitness programming while simultaneously serving as a substitute teacher in San Diego area schools.

In 2019, Jennifer assumed a role on the board of the C4 Foundation, where she collaborated with Chief Scientific Officer Dr. Glenn Fox in executing and implementing neuroscience-based programs known as F.R.O.G. Programs at the C4 Ranch. In March 2021, Jennifer transitioned to a full-time role as the Director of Programs for the C4 Foundation.