



Marsha Okunromade is the creator of Gem Cut Fitness. She is currently an online Fitness and Stress Coach. She completed her Masters of Science in Exercise Science with a focus in Strength and Conditioning at George Washington University. She is an Exercise Physiologist who worked at Georgetown University's Cancer Center. At Georgetown, Marsha did research on minority women who have been diagnosed or at risk for breast cancer. Marsha's research focus has been on obesity, exercise and weight loss in women at increased risk for noncommunicable diseases. She has contributed to research articles that focused on women's health.

She was previously a Health and Wellness Consultant for Professional Stewards Services as well as the Wellness Coordinator at the YMCA in Hope Mills and Fayetteville, NC. She has also coached female athletes and helped improve their health and performance in their sports.

Marsha believes that a large majority of health issues that individuals develop can be treated through living a healthier lifestyle. It is her goal to help educate as many women and youth to live a healthier

lifestyle to help increase their quality of life.

