



Lois Manzella-Marchitto

Managing Director

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In January of 2016, Lois began Fitness Coaching, L.L.C. D.B.A Fitness Knocking®. Lois is an exercise, health and performance specialist. In addition to her degrees and certifications, Lois's comprehensive knowledge in the areas of fitness management is complemented with over 20 years of experience in helping individuals improve their future through fitness, health, and overall wellness in both the private individual training model in home, online as well as traditional facility based approaches. Lois has presented to groups as large as 10,000 participants.

Lois believes one's total health and wellness is achieved through a variety of modalities. They include a comprehensive balance of behavior, physical and personal modifications and an emotional, social awareness of finding and building upon personal strengths. Lois has experience in helping individuals achieve their fitness goals whether they are deconditioned, overwhelmed parents, adolescents or just beginning or revisiting their journey to health after a long hiatus.

Lois enjoys spending her free time with her husband and energetic twins being outdoors or at home watching a movie. She understands the challenges individuals and especially parents face in regards to health and wellness. She lives her life with the motto that "small changes over a long period of time make a difference"

At Fitness Knocking® their mission is to help people gain a better sense of their future self by providing a traveling and online fitness service that makes it easier for people to lead happier, healthier, longer and more fun, productive lives. In effect educating the adults (parents/grandparents of our society) to change their lifestyles in the household therefore manipulating the future generations (their children). It also is to grow their team and the people in it. We believe in "People over Profit".

