



Leonardo Alegria, B.E.S.S.,
Exercise Physiologist

Leo has a Bachelor's in Exercise and Sports Science from Texas State University, specializing in Clinical Exercise Science and Public Health.



He brings clinical and wellness experience from settings like St. David's Medical Center and focuses on cardiovascular health, exercise testing, and personalized fitness programs.

Leonardo is passionate about helping diverse populations achieve lasting wellness through evidence-based interventions.

Outside of work, he enjoys football, family time, exploring new places with his dog, and celebrating Christmas.