



## **Hannah Eckel**

Exercise Specialist  
Touchmark at Coffee Creek

Hannah provides fitness programming for Touchmark residents in classes and through one-on-one personal training.

Before joining Touchmark in 2017, she worked as a Physical Therapy Technician for Valir Health in Oklahoma City. There, she helped patients rehabilitate through therapeutic exercises specially tailored to each person's unique needs. Her experience includes strength training and conditioning for athletes of all ages.

A graduate of the University of Central Oklahoma, Hannah holds a Bachelor of Science in Exercise Science and Fitness Management. While attending the University, she was a recipient of the prestigious Exercise and Fitness scholarship and was a presenter at the Department of Kinesiology Symposium. She is a certified Functional Aging Specialist.

Away from work, Hannah enjoys watching sports (especially football), going to the gym, running, hunting deer, fishing, and reading. Originally from Idaho, she also likes spending time with her family in Tulsa and Oklahoma City.