

Hello and Welcome! My name is Heather Mitchell I am a female who was created in 1986.

My background has given me the opportunity to be lead here. Years of advanced training in gymnastics lead me to Auburn University where I finished my gymnastics career and went on to the University of Alabama in Birmingham graduating with a B.S. in Human Science. Radiology is truly a unique field of allied health, and allowed me to understand that our human body is stunning. Xray, CT, MRI, and Mammograms was my focus for 11 years. I had the opportunity to teach Cross- Section Anatomy at Chattanooga State Community College where I found a passion I wasn't aware of. Teaching is captivating and invigorating!

I married my best friend and have been blessed with three incredible gifts. My boys have allowed me to grow in unforeseen ways and I'm thankful for the opportunity to create Loud and Proud Acrobats in 2016. The growth in each acrobat is truly awesome. We find that all acrobats thrive in our acrobat atmosphere. Loud and Proud Acrobats allows growth, in each child, that the classroom setting is unable to provide. Especially our acrobats who aren't typically developed and have energy that doesn't fit the classroom setting. I am encouraged by our acrobats and their families to go beyond Loud and Proud Acrobats as a career.

I am certified through the American Council on Exercise in Youth Fitness and Group Fitness with continuing education in Behavior Change. Our human body has essential needs of movement to allow our bodies to work the way they are designed to. Your body is uniquely developed to move to be able work optimally!
How much focus do you have on your movement?

Freely Move gives opportunity to learn human science for well being in all ages. These workshops are truly a gift that gives opportunity to develop optimal health for a happier and healthier lifespan. We have workshops for all and I hope you explore and find. I am thankful to be here now and want to give opportunity to learn, explore, build and grow!

Trauma is known to me and I am thankful for the opportunity to heal. Life isn't always easy and the struggles are unbearable at times. Being honest is key and knowing respect, responsibility, patience, perseverance and determination allows opportunity to grow. Confidence is our goal after safety! Come as you are and explore how you want. Just know life is real and we understand the struggles it takes to be well! You got this: Focus, Move and Know your self to be able to develop and grow through your lifespan! Thank you for being here. Focus on you, you got this!