

Q & A

Wendy Shugar

Life Coach, Hiking
Guide and Artist

MEET OUR
STAFF

Tell us about your job: Well I get the best of all worlds. As a Life coaches I work with clients to help them achieve goals, overcome obstacles and make changes in their lives. As a Hiking guide I get to explore Nature and as an Artist I get to create.

I have many years of experience on trails and in nature, which give me an edge to stay composed and professional on the trail adding to a great experience to hiking with clients.

Tell us a little about you: I was born and raised near Malibu, Cali and currently live in Oregon, I enjoys finding new Hiking trails and exploring nature. I believe that Nature is a great tool for reconnecting to one's self.



What is your mission for Happy Hikers Fitness - Fitness for your Mind, Body and Soul: Our mission is to help people maximize their personal success through a better understanding and more effective communication of their unique strengths, abilities, passions, health and values. We believe that EVERYONE can reach their DREAMS with the help of Peace, Love and Happiness!

