



Jordan Ciambrone, MS, NBC-HWC

Jordan Ciambrone is the Senior Director of Healthy Living and Corporate Relations at YMCA of the Pikes Peak Region. Bringing together the disciplines of physiology and psychology, Ms. Ciambrone is breaking new ground in healing and mental happiness by focusing on relieving and preventing the physical manifestations of stress.

As a National Board Certified Health and Wellness Coach, Ms. Ciambrone works to improve the health and happiness of those under her care, including individuals, small groups, and organizations. Using Mindfulness Based Stress Reduction (MBSR), an evidence-based strategy, Jordan identifies and relieves stress and helps build resilience against future stress in her clients.

Prior to her position with the YMCA, Ms. Ciambrone was an Adjunct Faculty Member of the Swedish Institute, College of Health Services in New York, where she taught neurology, pathology, physiology, and motor learning and control.

Jordan Ciambrone received her Bachelor of Science in Kinesiology, Movement Science and Bioevolutionary Psychology from Pennsylvania State University in 2002. She then went on to Arizona State University where she received her Masters of Science, Kinesiology, Sport and Exercise Psychology in 2004.

Upon her graduation, Arizona State University kept Ms. Ciambrone on as an Associate Faculty Member for 3 years.