

Chanice Holmes

@chanicediante



Chanice Diantè is a New Orleans Native who believes in movement as healing. She is a graduate from LSU with a Masters in Kinesiology. Chanice is interested in deepening her knowledge around the body and total well-being. She is a personal trainer and working on her certification in Nutrition. She is committed to doing the work to create sustainable, practical, and impactful life changes in people's life. Chanice has been moving since in the womb and her hunger for learning and teaching mindful practices around body anatomy is also connected to creating longevity that ultimately shapes generational patterns.

Residency Work

nutrition certification

Creating exercises that can be incorporated in the everyday life. Also to shake up generational patterns and to create more sustainable life habits.

