

Meet Pata

FOUNDER | WELLNESS PROFESSIONAL | PURPOSE-DRIVEN

Hi, I'm Pata Hall — founder of TruPata Wellness. I'm a wellness professional, educator, and coach with a deep passion for helping people, especially those 40 and beyond, move better, feel stronger, and live healthier, more fulfilling lives.

My approach to wellness is rooted in faith, evidence-based practices, and a genuine desire to meet you exactly where you are. I believe that with the right support, education, and tools, everyone has the capacity to create meaningful, lasting change.

I'm honored to walk alongside you on your wellness journey! 
Pata

*People
Purpose
Possibility
Always!*



M.S. Exercise Science
& Health Promotion



Certified
Personal Trainer



Certified Medical
Fitness Specialist



Trauma-Informed
Care Certified



Certified
Nutrition Coach

My Mission

To empower adults 40+ to move better, feel stronger, build healthier habits, and thrive physically, emotionally, and spiritually.

My Philosophy

Wellness should fit your life—not the other way around. I provide personalized coaching, realistic structure, and a supportive environment where you feel encouraged—not judged.

A Few Things About Me



Wife, mom of three, and NuNu to two amazing grandsons



Lifelong learner and advocate for whole-person wellness



I love people and believe in the power of connection and community



Faith fuels my purpose and keeps me grounded



Married for 39 years and co-host of the Stronger, Deeper, Marriage Show podcast—sharing real conversations about marriage, relationships, and growing stronger together.

*“Be the
Best You.”*

— PATA



MOVE WELL. FEEL STRONG. LIVE FULLY. 

Let's Connect!



240.548.0706



phall@trupata.com



www.trupatawellness.com