

Jennifer Bell

Atlanta Native, Jennifer Bell is a graduate of Northside School of Performing Arts, in Atlanta, Georgia where she also began her professional dance career. She was a Commercial Arts and Advertising student at Pratt Institute in Brooklyn, New York as a BFA major in Commercial Art and Advertising.

Her creative arts career includes work in musical theatre, film, music videos, commercials, industrial shows, and dance companies throughout the United States, Europe, and Japan. Ms. Bell has performed, staged, or choreographed for various artists including T-Pain, Justin Bieber, Tag Team, Ricky Martin, TLC, Will Smith, and Fred Hammond with Commissioned.

Her performance and choreography credits include Dynasty on the CW, IBM, BMW, Lifetime Television, Showtime, Sony Pictures, and various local dance companies. Bell was the company venue manager for guest ballet companies and the choreographer for the Private Cultural Olympiad Ceremonies of the 1996 Olympics in Atlanta, Georgia.

Jennifer worked for the NBA for over a decade. She was the Developer and Choreographer for the Atlanta Hawks Dance Team, guest choreographer for the Orlando Magic Dancers, Georgia Force Dancers, L.A. Laker Girls; and the Director and Choreographer of the Miami Heat Dancers.

Bell was an Event Coordinator for Alonzo Mourning Charities, HBO, the 1996 Centennial Olympic Games and a number of other non-profit events for professional athletes.

Fitness and wellness is also an integral part of Jennifer's career. She is a certified Fitness Professional and Life Management Coach. She was a high-ranking fitness competitor with Ms. Fitness USA, placing as a finalist in Ms. Fitness U.S.A. 1996. She has been published in issues of Ms. Fitness Magazine, and featured in Essence Magazine and Atlanta Sports & Fitness Magazine, and on E! Television.

She recently founded My Body Rocks®, which nurtures wellness and confidence in women and teenage girls. Through speaking engagements, training, resources and events, Jennifer has created a vessel through which individuals and groups can be guided in the areas of healthy lifestyle management, creative expression, self-care, and body positivity.

To find out more about My Body Rocks® please visit

<https://www.mybodyrockslc.com/jennifer-bell>

Email: jbelle@mybodyrockslc.com