

WELLNESS COACH

Derian Calnick

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OVERVIEW

Derian Calnick is Wigdor's Wellness Coach. Derian promotes awareness and education about physical health and shows the firm's lawyers and business professionals how this impacts mental health. While Derian's passion is fitness, he loves helping people.

He attended the Swedish Institute School of Health Science and became a licensed massage therapist. Derian was an all-state, all-academic athlete in football. He received an academic and athletic scholarship to Lincoln University where he received a B.S. in Health Science.

Derian is certified as a strength and conditioning specialist as well as a special population specialist. In 2016, he was a contestant on *American Ninja Warrior* season 7, which he describes as "[O]ne of the most challenging competitions I've ever done in my life. I'm grateful for the opportunity."