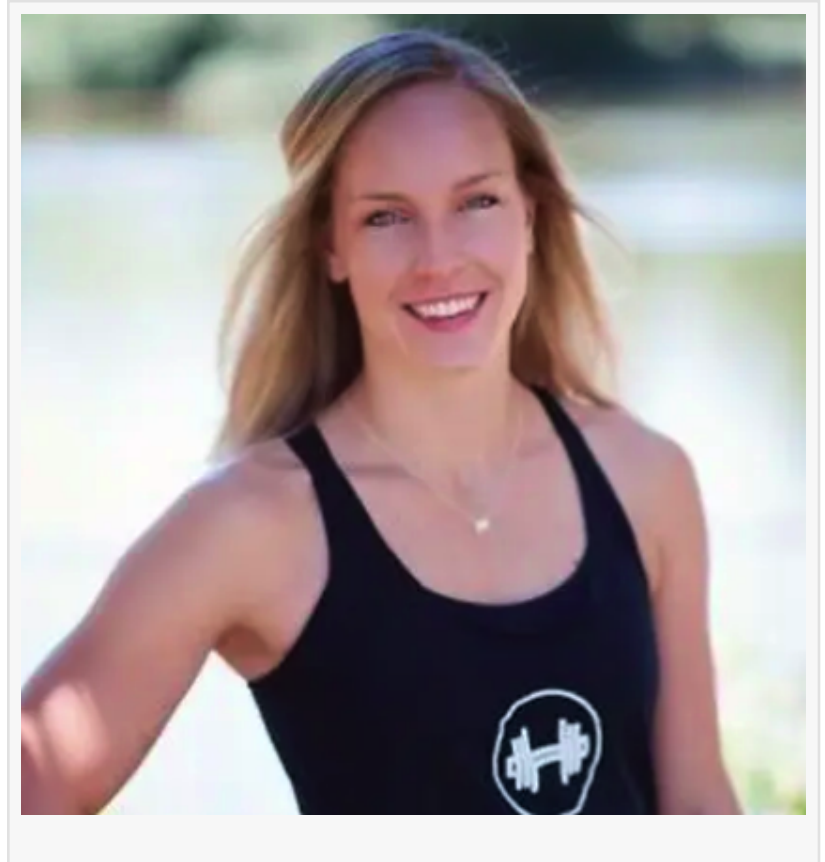


Influential Women Showcases Kaleigh Eagan: Health Coach & Personal Trainer Empowering Women Through Sustainable Health

HUDSON, NH, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- Combining Over a Decade of Fitness Experience With Evidence-Informed Coaching to Help Professional Women Build Strength, Confidence, and Health Through Every Stage of Life

Kaleigh Eagan is a self-employed Health & Wellness Coach and Personal Trainer whose career is centered on helping women build stronger, healthier, and more sustainable lives. Based in Hudson, New Hampshire, Kaleigh brings more than 11 years of experience in the health and fitness industry, combining strength training, nutrition, lifestyle coaching, and recovery strategies to create personalized approaches that support long-term well-being.



Kaleigh holds a Bachelor's Degree in Communication and Media Studies with a minor in Psychology from Clemson University's Wilbur O. and Ann Powers College of Business and Behavioral Science. Her academic background, combined with extensive professional experience, has helped shape an approach that considers not only physical fitness but also the behavioral and lifestyle factors that influence lasting health.

Throughout her career, Kaleigh has gained extensive experience working in elite fitness environments, most notably with Equinox, where she advanced through multiple training tiers and ultimately served as a Tier X Coach. Her experience in demanding, performance-focused environments strengthened her ability to develop individualized training strategies while working closely with clients to understand their goals and challenges.

Kaleigh is certified through the National Academy of Sports Medicine (NASM) as a Personal Trainer and Women's Fitness Specialist. She has also completed Precision Nutrition Level 1 and Level 2 Master Health Coach certifications, along with advanced training in stress, sleep, and recovery. These qualifications support her integrated philosophy, which recognizes that fitness extends beyond exercise alone.

Today, Kaleigh specializes in working with busy professional women, with a particular focus on postpartum fitness and health through perimenopause and menopause. Through her fully virtual coaching model, she provides one-on-one training, nutrition guidance, and lifestyle coaching tailored to each client's individual circumstances.

Her approach emphasizes balance, sustainability, and recovery rather than short-term fixes. Kaleigh believes women should be able to prioritize their health without feeling that doing so comes at the expense of their families, careers, or other responsibilities. By helping clients make their own health a priority, she aims to help them develop the strength and resilience needed to show up more fully in every area of their lives.

Kaleigh attributes her success to strong self-drive and a genuine passion for her work, along with perseverance through multiple life transitions and the challenges of the COVID-19 pandemic. She was also able to build her business steadily thanks to the stability provided by her husband's consistent income, which gave her the time and flexibility to focus on its growth.

For Kaleigh, enjoying the work she does has remained an important part of her professional philosophy. The career advice that has stayed with her is to do what she loves so that her work never feels like work. The idea that doing what she loves means she will not really ever feel like she is working continues to guide her career decisions and long-term goals.

Kaleigh also believes that experience and persistence are essential for professionals entering the health and fitness industry. She advises young women to prioritize hands-on, in-person experience early in their careers and to learn directly from other trainers whenever possible.

She encourages those entering the industry to give themselves grace as they navigate the learning curve and inevitably make mistakes in the beginning. Rather than allowing early challenges to discourage them, Kaleigh believes they should remain persistent. Consistent effort and commitment, she emphasizes, truly make the difference over time.

One of the biggest challenges Kaleigh sees in the fitness industry today is the highly saturated online space. With social media making it easier for individuals to present themselves as coaches, consumers can encounter significant amounts of misinformation and advice from people without appropriate qualifications.

At the same time, Kaleigh sees considerable opportunity for qualified professionals to distinguish themselves through trusted relationships, referrals, and evidence-based programs.

She believes trainers and coaches can make a meaningful difference by developing individualized programs that recognize the different needs women experience throughout various stages of life.

For Kaleigh, building trust is particularly important. Rather than relying on generic fitness approaches, she focuses on understanding each client's circumstances and creating strategies that can realistically fit into their lives. Her work reflects the belief that sustainable health comes from practices people can maintain rather than temporary programs that are difficult to continue.

Balance and recovery are the most important values in both Kaleigh's work and personal life. She believes strongly in helping women prioritize self-care and restoration so they are better able to show up for others in a healthy and sustainable way.

This philosophy is particularly relevant to the busy professional women Kaleigh serves, many of whom are balancing demanding careers, families, and significant changes in their physical and personal lives. She believes that caring for oneself is not selfish or optional, but an important part of maintaining the energy, strength, and resilience necessary to support others.

Through her virtual coaching practice, Kaleigh Eagan continues to combine her extensive fitness background, specialized certifications, and passion for helping women create healthier lifestyles. By emphasizing strength, nutrition, recovery, and balance, she is building a coaching model designed not simply to help clients reach short-term fitness goals, but to support their health and well-being for the long term.

Learn More about Kaleigh Eagan:

Through her Influential Women profile, <https://influentialwomen.com/connect/kaleigh-eagan>

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