



White Plains Hospital

Exceptional, every day.

Catalina Cavotta B.S. Well Being Coach



Specializes in personal fitness, time management and meal planning.

Catalina Cavotta graduated from Temple University with a Bachelor's degree in Kinesiology. She spent the past two years managing a corporate fitness site in the Philadelphia suburbs, implementing wellness programming, personal training, and leading group exercise. Cat believes that taking an individualized and holistic approach to health and wellness is the key to a quality life.

Cat enjoys devising and implementing creative lifestyle solutions to help accommodate busy schedules. She is excited to get to know the staff at White Plains hospital and help them identify and achieve their goals!

In her spare time, Cat enjoys trying new eateries, experimenting in her own kitchen, and running. She also enjoys exploring her new home in the Bridgeport, Connecticut!



2C Main Corridor



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