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**BIOGRAPHY- ELLEN THOMPSON CEO**



Ellen Thompson was born in Wichita, Kan., on Aug 16, 1989, to Greg and Julie Thompson. She attended Winfield High School in Winfield, Kan.

She received her B.A. in Strategic Communications from Oklahoma State University’s School of Media & Strategic Communications in May 2012. While in college, she was a member of the OSU women’s soccer team that won three Big XII championships and a trip to the Elite 8.

After college, she worked as a group fitness instructor and personal trainer at Gold’s Gym for four years until she founded ForeverFit, and has been the standing CEO for the past five years.

She currently resides in Oklahoma City, Okla.