



Tracie VanHook

Affiliate, Office of Community Engagement

Bio

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Tracie VanHook, MS, is the Founder and CEO of Fit To The Core Inc., a community-based nonprofit organization dedicated to advancing healthy aging through functional fitness, education, and community engagement, particularly in underserved communities.

With more than 35 years of experience in the fitness and wellness industry and a master's degree in Exercise Science, Tracie specializes in functional aging, strength, balance, mobility, and fall prevention.

Through Fit To The Core, she develops and leads accessible programs that empower older adults to maintain independence, build confidence, and improve their quality of life.

As a participant in Stanford Medicine's 2026–2027 Health Ambassadors Program, Tracie is expanding her knowledge of community-engaged research, program evaluation, and evidence-based approaches to advancing health equity and healthy aging.