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Emya Lee studied public health, health science, biology and substance abuse, receiving a bachelor of science degree from James Madison University in Virginia. She later received her master's degree in healthy lifestyle coaching. She is a nationally certified Health Education Specialist (CHES) and nationally Certified Personal Trainer and Nutrition Coach (CPT and CNC) through the National Academy of Sports Medicine (NASM). She also serves as chair for the City of Houston Human Resources Safety Committee to create a culture of employee safety in the workplace. Emya values her background in health, wellness and healthy behavior change. She facilitates chronic condition health classes, coordinates employee wellness events and leads the City's MoveSpring physical activity platform designed to encourage movement. She is passionate about supporting City of Houston employees in building healthy lifestyle habits.