A person smiling for the camera

Description automatically generated with medium confidence**Shay’s Bio**

Shannon “Shay” Kackley, JD, LLM

Assistant City Attorney, City of Austin, Texas

Shay is an Assistant City Attorney for the City of Austin. Prior to joining the City in 2019, Shay worked at law firms that focused on representing local governmental entities throughout the State.

Shay’s passion for health and fitness comes from his personal experiences and adversities. He grew up playing sports in Plano, Texas. In 1986, he joined the US Army as an infantryman and later earned the Army Physical Fitness Badge by scoring high on the Army Physical Fitness Test (pushups, sit-ups, and 2-mile run).

While in law school, Shay became a certified fitness instructor and taught group fitness classes in Waco, Texas.

Shay is a Colon cancer survivor and has faced other health challenges that have caused him to rethink how he approaches exercise and fitness.

Having faced several health challenges over the years, Shay has found that maintaining his personal health and fitness has been critical to achieving and maintaining a healthy body and mind.