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P E R S O N A L P H I L O S O P H Y

My personal health philosophy: Healthy eating does not mean you have to give up your favorite foods; you simply need to learn how to fit them into your everyday life. Smart eating and active living are fundamental to every aspect of your health.

Whether your goal is weight loss or training for a competition, proper nutrition is essential. Implementing lifestyle changes one at a time will result in a lifetime of health and wellness. With an individualized plan, I can help you learn to fuel your body by using real foods to optimize your health and meet your goals.

I graduated from the University of Dayton with a degree in Biology and then went on to pursue my career in nutrition with Saint Louis University. Since becoming a registered and licensed Dietitian, I have been working in local hospitals to ensure that patients receive all the nutrients they require, while also helping healthy patients meet their health and wellness goals.