



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **RACHAEL BARLOW NUTRITION COACH**

Rachael Barlow obtained her bachelor of health science degree in Nutrition and Dietetics from West Chester University of Pennsylvania. Rachael's approach to nutrition is simply, "don't eat less, and eat right." She believes in holistic nutrition; the natural approach to a healthy diet. She wants to encourage people to incorporate nutrition and physical activity to create a state of well-being. Rachael chose to pursue dietetics because she has a passion for helping individuals and motivating them to live healthier lifestyles by understanding their nutritional needs and teaching them healthful habits.

Her personal interest in nutrition began when she was a little girl. She enjoyed cooking, baking, and destroying her mother's kitchen whenever she had the chance. Unfortunately her love for food put her at risk for obesity. When given the right tools and knowledge, Rachael was able to lose a significant amount of weight to obtain optimal health. Although her physical appearance changed, her love for cooking and her interest in nutrition was greater than ever before.

Rachael also enjoys working-out and blogging. When she isn't labeled as the dietetic intern she can be found at a local restaurant, tasting the food and blogging about her experience. Rachael loves food but she loves how healthful food can fuel our bodies in a positive way. She loves to create recipes that look good, taste good, and feel good.

