



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

# **EMILY ELLIS**

## **NUTRITION COACH**

Emily Ellis has her Bachelor of Science degree in Nutrition from Indiana University of Pennsylvania and obtained her personal training certification through the NCCPT. Emily is also a graduate of two culinary schools, one being in Pennsylvania, and the other located in Switzerland. She spent eighteen months in Europe enjoying all things food, fun, and of course, fitness.

She enjoys fun runs, Tough Mudders, yoga, and hiking. When Emily isn't working or at the gym training for her next event, she can usually be found in the kitchen whipping up those guilty pleasures, made waistline friendly. She loves recipe manipulation and experimenting with new ideas to nourish her body, and satisfy her sweet tooth.

Emily's approach to health is "put good in, get good out". She believes in holistic nutrition, and fueling the body accordingly. Without adequate nutrition, all of the hard work performed in a workout may not be as meaningful or give you the results you have been seeking. Emily enjoys educating, empowering, and helping others to achieve their goals; whether it is weight loss, a balanced diet, or just living a healthier lifestyle.

