



NOURISH

NUTRITION COACHING AT THE Y

CORTNEE MCREYNOLDS

“If you walk 20 miles into a forest, you will have to walk 20 miles back out.”



CORTNEE MCREYNOLDS

NUTRITION CONSULTANT

- National Coaching Institute (NCI) Certified Nutrition Coach
- Food is medicine – Food is fuel – Good nutrition allows our bodies run at an optimal level – keeping us thriving!
- I enjoy being able to guide my clients towards lasting changes that improve their quality of life and make a sustainable difference!
- My favorite healthy food: a big salad with all the colors of the rainbow!
- My favorite not-so-healthy food: French fries
- If I'm not at the Y you can find me at one of my kiddos sports games! I'm a mom of 4 boys and sports is life at our house! My hobbies however are cooking, going to a Bucks game, gardening, or just enjoying some sunshine!

