



NOURISH

NUTRITION COACHING AT THE Y

BRANDE STUDEBAKER

“Believe in your
body and your need
to feed it right.”



BRANDE STUDEBAKER

NUTRITION CONSULTANT

- Certified Health Coach via Dr. Sears Wellness Institute
- I love teaching people that the quality of food is just as important as the quantity.
- I want people to know the importance of good nutrition at any stage of life. I love encouraging anyone to start living a healthier lifestyle!
- My favorite fitness activities: strength training and yoga
- Outside of health and wellness, I love being a mom and spending time with my family! I also enjoy reading, swimming, and being outside.

