



# NOURISH

NUTRITION COACHING AT THE Y

## HEATHER LINNEMAN

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



# HEATHER LINNEMAN

## NUTRITION CONSULTANT

- National Coaching Institute (NCI) Certified Nutrition Coach
- Everything in moderation is what I live by. I believe that no food group should ever be eliminated from a diet, unless it is for medical reasons.
- Helping others achieve their goals and feel their best is so rewarding! Knowing I helped someone feel better about themselves in the best feeling in the world!
- My favorite fitness activities: heavy lifting and running
- Outside of health and fitness, I am a traveling make-up artist. I think of it as "beauty from the inside out!"

