



# NOURISH

NUTRITION COACHING AT THE Y

**ERIN  
SCOTT**

“Quality nutrition is  
the key to lifelong  
health & wellness.”



# ERIN SCOTT

## NUTRITION CONSULTANT

- AFPA certified Nutrition and Wellness Consultant
- I work closely with my clients to assist them in forming healthy habits that are sustainable and manageable
- I believe in a slow approach to habit change to keep clients feeling successful and confident
- It's important to find balance with nutrition. Eating well should be a priority, but life is also meant to be enjoyed. Nourish helps clients learn the control to stay balanced
- My favorite healthy food: a big, colorful salad
- My favorite not-so-healthy food: nachos
- Outside of health and fitness, my passions are kayaking, reading, and being the best mom and wife I can be for my family

