

*Lesson 3*

**SNEAK PEEK: READ MORE FROM OUR COMMUNITY**

**MARY ANN MIDDELBURG**

NLC, ESTHETICIAN

I recommend the Become a Nutrition Coach program to anybody who is starting to learn more about nutrition. Keri has great energy and makes you really motivated to learn more and want to share your knowledge with others.



**LORIEN ROCHELLE**

NLC, CERTIFIED YOGA INSTRUCTOR

"The Nutritious Life Studio has taught me the value of balance and it was a game-changer for me and my clients. In previous years, my personal diet had been focused on totally eliminating foods from my diet without truly understanding if it was necessary and effective for me, as an individual."

**LINDSAY CARTER**

MS, RDN, NLC

"Keri and her team do such a great job of filling in all the gaps of information and MISinformation that the media feeds us every day. I feel so much more confident in my knowledge and coaching abilities thanks to this program."



**DALIA LOC**

NLC

"Keri Glassman is engaging, easy to understand, and the way she teaches just spoke to me. I really like her perspective and how she also includes tips and tools for different situations that may come up. It is a great course with a great group of alumni who are also very supportive of each other!"

**CASSIE SCOON**

NLC, HEALTH & WELLNESS BLOGGER  
AT GRANOLA BARRE GIRL

"The Become a Nutrition Coach program gave me the confidence to take the next step in creating my own business and help people with their individual journey towards healthy eating and living."



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**MERCEDES VARGAS**

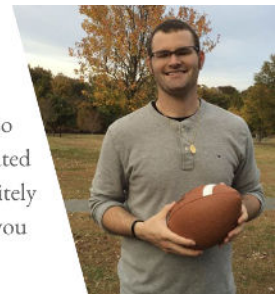
N L C , C H E F

"The Nutritious Life Studio is more than a course, it has been the best supportive and loving community. Keri and the team are always so welcoming and the weekly calls are the best, I truly feel the love and support."

**CHRIS SCHANNAUER**

N L C

The Nutritious Life Studio was a great experience! The program fit into my schedule super well, but also provided a ton of great information that I am able to use as a health coach. It provides access to great, curated information that can be used immediately to help others improve their overall health and wellness. I definitely recommend considering NLS if you are interested in learning more about solid nutrition, or if someone you know is looking to learn more about health and wellness."



**EILEEN HSIUNG**

R D , N L C , F O U N D E R O F P U R E N U T R I T I O N

"Working alone in private practice generated self-doubt, but with the support of the Nutritious Life Studio community, I can counsel my clients with more confidence! I'm so excited to see my company grow!"

**MARIAM BANDARIAN**

N L C , C E R T I F I E D N U T R I T I O N  
C O A C H , F O U N D E R O F M I S S N U T R I T I O N I S T A

"The Become a Nutrition Coach program was one of the best business and career advancement decisions I have made. Adapting the Nutritious Life Studio's philosophy has given me all of the tools I need to grow! I recommend the program to any professional looking to gain a competitive edge."



**REENA PANJWANI**

M S , R D , C D N , N L C

"I loved my experience with the Nutritious Life Studio; I plowed through the webinars with excitement. At some point, I hope to go out on my own completely and I do feel that I have the tools I need to do that thanks to NLS"

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**DANIELLE DIAMOND**

NLC, FOUNDER OF XEN STRENGTH YOGA

"The Become a Nutrition Coach program was a wonderful experience, and Keri couldn't be more inspiring in her teaching. I can create a nutrition plan that works for individual clients, and integrate the business side of my career into my workflow without being overwhelmed."



**TERRI ANN PARNELL**

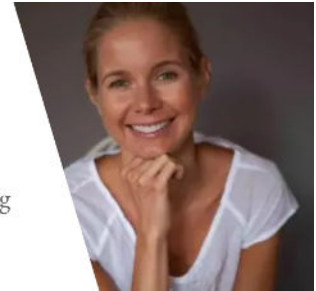
DNP, MA, RN, FAAN, NLC

"Keri and the NLS team are always just an email or call away, and the entire community is always eager to reach out, lift each other up, provide resources and also share lessons learned. Our weekly calls are like receiving a huge hug from extended family!"

**CHRISTIAN HENDERSON**

MS, RD, CDN, NLC, FOUNDER OF PURE NUTRITION

"I am really enjoying the Nutritious Life Certification Program. The information is amazing and current, which I am loving!"



**TIFFANY MENDELL**

MS, RD, CDN, NLC

"This program has enhanced my work with clients by providing structure, support and a philosophy that focuses on the whole person approach to health and wellness. As a registered dietitian in private practice, the Nutritious Life team support is invaluable!"