



Hi! I'm Lindsey,
one of the **WORKING FOR A HEALTHIER TN**
Wellness Coordinators.

My background:

I'm a registered and licensed dietitian nutritionist (RDN, LDN)* and CDC National Diabetes Prevention Program Lifestyle Coach.

*Did you know to become a registered/licensed dietitian, you're required to have a four-year undergraduate degree, complete a 1,200-hour dietetic internship (often unpaid), pass a board-certified exam and then complete continuing education credits?

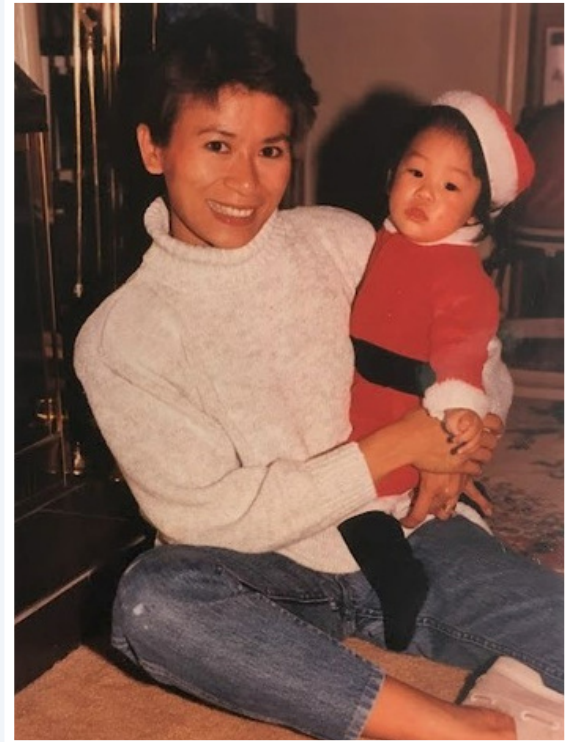
.....

What inspired me to choose this career:

I grew up in the sport of gymnastics, and it exposed me to the importance and power of fueling my body for optimal performance.



When it was time to choose a major, it was actually my mom who suggested nutrition and dietetics. It was a tough major for me (organic chemistry was not my strong suit), but I stuck with it and was accepted into the Vanderbilt University Medical Center dietetic internship to complete my credential. At the beginning of my professional career, I worked in the world of weight management, got into fitness and landed in employee wellness, which I love!



Lindsey and her mom

5 FUN FACTS

- 1.** I'm a second-generation Chinese American. My grandparents made a living owning grocery stores in Mississippi. I guess you could say food runs in my family!
- 2.** I grew up in Memphis and went to college at UT-Knoxville, so I've lived all across Tennessee!

3. I've been an audience member at "Oprah", "Conan" and "Jimmy Kimmel Live!" It makes for a really fun, free and unique tourist experience if you have the time when you're visiting a city where they shoot a TV show.



4. I'm obsessed with paper products, even though I can't live without technology. I could always use another notepad or notebook.

5. My fiancé Don and I met when we both worked at the YMCA. We still go to the Y regularly to this day!



Get to know each WFHTN team member in this spotlight series. Follow us on Facebook to join the conversation! Click this icon to go to our page. See you there!

