



Personal Trainer

Name: Vanessa Cobarrubia

Years of Experience: 7

Education:

BS–Dietetics. Indiana University

Certifications & Trainings:

- Registered Dietitian
- ACSM Health Instructor

Services Offered:

- Nutrition Counseling specialization for weight management, sports nutrition, diabetes education, bariatric surgery
- Nutritionist for the Inch by Inch Program

Training Philosophy:

I believe that proper nutrition can be your most powerful tool in attaining a healthy lifestyle. Exercise is essential, however a proper diet is vital to achieving your athletic goals. I have ran several half-marathons and completed one triathlon. I have plans to continue participating in endurance sports.

Favorite Quote: You are what you eat.