

Meet

Meredith Reinhard ^{BS}

Your Wellness Coach

Bachelor of Science in Nutrition and Dietetics
– Kent State University
Level 1 Crossfit Trainer



Prior to joining Wellness Coaches USA, Meredith gained experience in nutritional counseling, biometric assessments, one-on-one personal training and teaching group exercise. She also has experience as an athlete and coach in several sports including gymnastics, track and field, and strength and conditioning. Outside of work, Meredith enjoys training in Crossfit and Olympic Lifting, trying new foods and restaurants, reading up on current health topics, attending country concerts in the summertime, and spending time with her friends, family, and two dogs.

Meredith believes that balance between proper nutrition and physical activity will lead to a happy, healthy life.

Consider Meredith as a personal resource who will gladly answer your questions and offer coaching in areas such as:

General Health and Wellness Topics:

- Exercise, Fitness and Conditioning
- Tobacco Cessation
- Stress Management
- Nutrition
- High Blood Pressure, Heart Disease
- Diabetes
- Sleep

Health Metric Testing:

- Blood Pressure
- Body Composition
- Hydration

Management of Minor Aches and Pains or Muscle Soreness

Meredith's pledge: To provide you with the resources and knowledge needed to become a healthier, happier you.



You may contact Meredith at mreinhard@wcusa.com Phone Number: (440) 474-3536

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