DANA YARN

HOLISTIC DIETITIAN AND FITNESS PROFESSIONAL

Dana is a Registered Dietitian and fitness professional that takes an integrated approach to helping clients work toward results of optimal health and weight loss. She incorporates comprehensive assessment in order to determine the best approach to help each individual as opposed to merely treating the individual symptoms. She believes nutrition, life coaching and exercise are the best medicines to fuel and heal the body.

EDUCATION & EXPERIENCE

Dana has obtained her degree in Science and Health Nutrition from the University of North Florida where she also ran track and cross country for 2 years and worked for the University of North Florida Department of Health Promotions, educating and promoting health and wellness on campus. She did her 1200 hour+ Dietetic Internship at Emory University Hospital, Atlanta Georgia. She was an Activities and Fitness Director at Chateau Elan Private Sports Club. She has worked as a Life Time Fitness Dietitian, class instructor, personal trainer, and metabolic technician (6 years), Nutrition Consultant for Service Foods Inc. (2008- present) Co-owns and operates a Lifemoves Studio specializing in functional exercise including, Pilates, Yoga, Barre, Suspension training and interval training (2013-present). She is also a wife and mother of Lily, Austin and Bryce.

CERTIFICATIONS

Registered and Licensed Dietitian Nutritionist

Certified Weight Loss Coach

Certified Personal Trainer & Group Fitness Instructor

NUTRITION & FITNESS SPECIALTIES

- •Behavior Modification and Coaching
- • Digestive Issues/imbalance (food allergies/in tolerances)
- • Blood sugar imbalances, type 2 Diabetes, hypoglycemia, pre-diabetes
- • Sex Hormone imbalances, PCOS, estrogen dominance, testosterone deficiency
- • Adrenal imbalances, fatigue, thyroid conditions, and exhaustion
- • Cardiovascular Health
- • Auto-immune disorders
- • Detoxification
- • Sports Performance
- • Pilates
- • Barre

- TRX- suspension training system
- Strength and Cardiovascular program design