



## Candace Garner, MS, RD

REGISTERED DIETITIAN, LEVEL 1 PERSONAL TRAINER and GROUP EXERCISE INSTRUCTOR



### PHILOSOPHY

I believe that we are capable of so much more than we give ourselves credit for. Each of us has the power to make positive changes in our lives, no matter how small they seem. That is why I am excited to meet clients where they are at, because I am committed to helping others succeed. I believe whole heartedly in prevention, and I believe in the power of small steps towards big change.

### CLIENT BASE

Candace has a strong knowledge base that integrates nutrition and exercise. She hopes to help her clients take big steps to prevent lifestyle-related health problems, and help athletes reach the next level through her passion for sports nutrition. Whether you want the very basics or highly individualized sports performance, she can tailor to your needs.

### EXPERIENCE AND CREDENTIALS

- BS in Nutrition and MS in Kinesiology and Health through the University of Wyoming
- Registered Dietitian (RD)
- ACE Certified Personal Trainer
- Former UW Track athlete

### PERSONAL INTERESTS

Candace is a lifelong learner and avid reader who also loves to stay active through running, kayaking, hiking, and everything in between. She loves to travel, create and paint, and of course spend time with her husband, Nathan, and dog, Archer.