

# Nutrition Counseling with Audrey Lee

Audrey has 10 years experience in health and fitness. She helps people lead healthier, more balanced lives. Her program INNERgy integrates sport and fitness training, nutrition counseling, and work-life balance coaching to reach each person's highest potential.



## Education/ Certifications

- PhD Sport Science
- MS Candidate Nutrition
- AFAA Certified Group Fitness Trainer
- Johnny G Spinning Instructor
- Kranking Education Representative
- BLS/CPR certification

Email for more information:

[audrey@innergyhealthandwellness.com](mailto:audrey@innergyhealthandwellness.com)

or call Audrey to set up an appointment!

801-755-7857



**Salt Lake City Sports Complex**  
645 South Guardsman Way (1580 E)  
Salt Lake City, Utah 84108  
(801) 583-9713  
[www.recreation.slco.org/slcsports](http://www.recreation.slco.org/slcsports)