

Nutritionist

FlexWorld Fitness is proud to have a nutritionist available to all members. She is smart, vibrant and got years of experience when it comes to eating and living healthy.



Lesslee

The story that put me on this path starts with a debilitating autoimmune disease that stripped me of my energy and caused me severe pain. This diagnosis took me on a seven-year quest to find peace and balance. While struggling with my health, I became fascinated with the benefits I experienced through the changes in diet and exercise. To learn more, I studied holistic nutrition and then became certified with International Sports Association as a Fitness trainer and Fitness Nutrition Specialist and I am certified through Precision Nutrition as a Level 1 coach. I also hold a certification in Lifestyle coaching.

Certifications

Certified Specialist in Fitness Nutrition, International Sports Science Association Certified Precision Nutrition Level 1 Coach Certified Fitness Trainer, International Sports Science Association Studied Liberal Arts/Nutrition at Eastern Michigan University

More

If you want to know more about Lesslee, either ask about her on your next visit to FlexWorld or visit her [website](#)

