



**Chrissy Barth, MS, RDN, RYT**, is an integrative and functional sports registered dietitian and mind-body expert in the field of holistic nutrition who is passionate about teaching others about optimal health and performance by taking the confusion out of nutrition. She is the founder and CEO of Live Breathe Nutrition, LLC and Nutrition Lifestyle Education – nutrition coaching and consulting practices in Phoenix, Arizona where she serves as a nutrition consultant to sports teams, spas, behavioral health programs, medical and training facilities, corporations, and local and national media outlets serving as a media spokesperson.

Chrissy is also a Lecturer at Arizona State University where she teaches sports nutrition, complementary health care, human nutrition and entrepreneurship and serves as a mentor to many aspiring future RDs.

Chrissy has been awarded inclusion of Cambridge Who's Who Among Executives and Professionals in Dietetics "Honors Edition" of the Registry – the single highest mark of achievement as a dietitian and has received recognition as Arizona's Young Dietitian of the Year. Chrissy enjoys giving back to her community and volunteers her time educating youth athletes on the benefits of sports nutrition.

As a registered dietitian nutritionist, she is an active member of the Academy of Nutrition and Dietetics and its practice groups of sports and weight management dietitians, nutrition entrepreneurs, and dietitians in integrative and functional medicine the latter where she serves as the Mind-Body editor of the *Integrative RDN Newsletter*. Chrissy is also an active member of the Arizona Academy of Nutrition and Dietetics, the Collegiate & Professional Sports Dietitians Association, The International Association of Eating Disorder Professionals, the International Sports Sciences Association, Yoga Alliance, and the National Speakers Association – Arizona.

Chrissy received both her undergraduate and graduate degrees in human nutrition from Arizona State University. An athlete, foodie, and sports enthusiast, Chrissy enjoys dining out with friends and family, spending time outdoors hiking, and supporting many local athletic events in Arizona. Last, but certainly not least, you can be sure to catch Chrissy in a yoga studio somewhere in the Valley most days of the week and encourages many of her clients to incorporate yoga and other mindfulness-based practices into their lifestyles.

Website: <http://www.nutritionlifestyleeducation.com/>