



ABOUT THE INSTRUCTOR

MARIA NARDELLA is a Certified Health Coach, Personal Chef and Essential Oil Educator, happy wife and loving mother of Tucker. She decided to become a health coach to fulfill her passion of working with busy

professionals and their families to improve their health and family life. She aspires to empower families to live their best lives.

Working with families in a hands-on approach to health and wellness, Maria works with clients where they are today and supports them on their journey to better health. Together we take a whole body, whole food approach to wellness for mom, dad and the whole family.

With steadily climbing numbers of illnesses from ADD, ADHD, Autism, Obesity, Diabetes, Arthritis, Cancer and more, there has never been a more critical time to empower families to take back their kitchens, learn to cook whole foods and empower children with knowledge, support and delicious, healthy, 'real' food.

Eliminating ingredients that don't serve our bodies or our children's bodies, we can eliminate the brain fog and inflammation that often accompanies eating overly processed ingredients. By replacing these 'fake' foods, with real, whole foods, you can dramatically improve your family's health, reduce symptoms of disease and open the pathway to wellness; leaving you more vibrant, energetic and full of life.

Maria received her training at the Institute for Integrative Nutrition in New York City. She is certified by the American Association of Drugless Practitioners, leads workshops and cooking classes on nutrition and essential oils, and offers individual and group health and nutrition coaching to healthy lifestyle seekers and families.

Maria also has a degree in Baking and Pastry Arts from Johnson & Wales University and a Degree in Sports, Entertainment and Event Marketing from New York University.

When she's not working, she enjoys spending time with family and friends, running, yoga, cooking, exercise and the beach.

You can reach Maria at marian@beverlyathletic.com