**AshLyn Dredge**

(801) 917-0484

ashcapener@gmail.com

**Why I am a Great Health Coach for You**

* You can expect to love your body and feel more confident in yourself
* I specialize in teaching women a healthy balance between food and exercise
* I am experienced with pregnancy and postpartum health and exercises
* I WILL keep you motivated and remind you of your why

**Education**

**Utah State University**

 **Bachelor of Science Degree:** Health Education and Promotion *Graduated Spring 2021*

**American Council on Exercise (ACE)**

**Certified Health Coach**  *Licensed: December 2021*

**Work Experience**

**Avalon Hills (eating disorder specialist)**

*Direct Care Staff*

* Role model healthy relationship with food and physical activity
* Support clients with challenges with body image and social settings
* Motivate on difficult days to stick to their goals

**Intermountain Healthcare**

*Therapy Aide*

* Instructing clients on how to continue their healing journey
* Communicating often with the team for efficient work
* Encouraging patients to improve and helping them feel empowered.

**Capener & Matthews Dental**

*Receptionist*

* Positively talk to people and help them feel comfortable
* In charge of taking payments and scheduling appointments
* Organized to help keep the business running from day to day