

Goal Statement
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FND 410

Fitness and wellness have always been a big part of my life and I continually strive to be a healthy individual. Choosing to pursue a degree in Dietetics is something that I am passionate about and I find dietetics and nutrition truly fascinating. I have a strong interest in nutrition for the athlete and the active individual. Therefore, my goal after graduation and once I become a registered dietitian will be to hold a position within a company or university, within three years of becoming an RD, where I can best utilize my education and skills to help active individuals and athletes meet nutrition goals and to become better/healthier athletes and individuals. Since I am a healthy and active individual, I believe my passions and education can be best utilized helping those who are active athletes. The University of Florida has a Master's degree program with an emphasis in Nutrition Education and Wellness, this could be a possible option for me to help me reach my personal goals.

I have a college friend who is the wellness coordinator for Intel and he assists employees with addressing issues or concerns relating to fitness and working out (Intel has a state of the art gym on location) to creating meal plans. It would be ideal if I could have a similar position within a company where I can develop and focus on the company's nutrition and wellness programs.