

# KENTUCKY YOUTH SOCCER ASSOCIATION



## SOCCER LEARNING UNIVERSITY

### Amanda Nighbert

Registered Dietitian



Amanda Nighbert is a Registered Dietitian specializing in health and wellness nutrition. For the past 18 years she has worked in a hospital-based clinic helping thousands of patients reach their weight loss goals. In 2018 she left her full-time hospital job and launched her online signature program called LEAN, Living Energized and Nourished. LEAN is a seven-week online weight loss program that teaches sustainable nutritional strategies for weight loss and maintenance. With two small growing children of her own, she understands the importance of teaching to whole family how to eat. Therefore, her program also focuses on healthy eating for the entire family!

Amanda is a strong believer that dieting is temporary therefore it is more important to focus on lifestyle changes to truly see long term weight loss success. Her goal is to teach simple yet effective lifestyle changes that her clients can make and easily sustain to see lasting results.

Amanda lives in Lexington, Ky with her two children, she is a fitness enthusiast and an avid reader. She knows the science behind weight loss, diet, and nutrition is always changing and that this rapid change can create confusion and frustration with the average person trying to be successful at weight loss. Therefore she aims to bring the latest, cutting edge strategies and techniques to her clients in the most concise and educational manner.