



# CHRISTIANE SCHROETER

I am a Food & Health Coach with 10+ years of experience in leading wellness classes and a Ph.D. in Health Economics.

## HELLO YOU...

I speak your language...

- whether you are tired of dragging yourself through the day or
- whether you have been trying to get your wellness on track for the past 30 years

## SIGNATURE TOPICS

- Creating Quick & Effective Wellness Routines for Optimal Health
- Developing Mindfulness Habits for a Balanced Life
- Exploring the Latest Trends and Innovations in the Culinary World
- Empowering Change with Body Image and Eating Disorders

## EXPERIENCE

### Founder & Owner

Hello Happy Nest

Developed digital coaching program targeted at improving gut health issues

### Fitness Instructor


Cal Poly Recreation Center

Teaching indoor cycling, weightlifting, sculpt, abs, pilates, and barre


### Professor

Cal Poly- San Luis Obispo


Teaching food marketing, innovation & entrepreneurship, and research analysis in health economics

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 happy healthy hustle

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