



Aerobic | Conditioning | Training | Individualized | Optimal | Nutrition



Sandra Gultry, RDN, LDN, CSOWM is the founder of It's All About Choices, LLC.

In her private practice work, Sandra authentically coaches not only from practical experience, but from her own personal health challenges. She passionately teaches individuals struggling with being overweight/obese and its many side effects the proven strategies to have more energy, increased happiness and ultimately losing the weight permanently. In addition to serving as a weight loss coach, she incorporates nutrition education, mindful eating concepts, disease prevention and disease management into her programs.

Sandra has five years' experience as a clinical consultant dietitian from various long term care facilities throughout the Central Florida area. She continues consulting as a nutrition instructor for various community and company wellness programs with an emphasis on weight loss, healthy eating patterns, and diabetes/cholesterol management.

In addition to meeting all licensing requirements for the American Dietetic Association and the state of Florida, Sandra has specialized training with the following organizations:

- Certified Personal Trainer (The American College of Sports Medicine)
- Board Certified Specialist in Obesity and Weight Management (Commission on Dietetic Registration)

These are just a few transformations my clients have experienced as a result of our work:

- More energetic and felt refreshed within a week
- Lose weight permanently
- Reversal of Pre-Diabetes (A1c levels improved)
- Blood sugar levels and Cholesterol levels in normal range
- No longer confused about conflicting nutrition information
- Have clearer skin



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- Lost several inches and clothes fit comfortably
- Able to exercise more without feeling winded
- Lower blood pressure
- Nutrition information and knowledge gained was invaluable
- Ate more food than in the past AND still lost weight!
- Foods deemed as 'forbidden' for years, are off that pedestal and enjoy them!

#### EDUCATION

- Second Bachelor of Science in Dietetics (Coordinated Program) Eastern Michigan University, Ypsilanti, MI, April 2011, Summa Cum Laude
- Master of Science in Management Information Systems Nova Southeastern University, Fort Lauderdale, FL, December 1996
- Bachelor of Science in Computer Information Systems Florida A&M University, Tallahassee, FL, May 1993, Cum Laude

#### PERSONAL

Sandra resides in Orlando, Florida with her husband and young son. She enjoys spending quality time with her family and vacations as often as possible. She loves to exercise and serves in a leadership role at Rejoice in the Lord Ministries.