

**Joyce W Hunter, M.S.**

Nutritional Consultant

ACSM Certified Personal Trainer

Adjunct Instructor – Boise State University

**Education:**

- University of Utah – Bachelor of Science – Health / Physical Education
- Boise State University – Master of Science – Exercise Physiology
- Nutrition Therapy Association Inc. – Foundations of Functional Nutrition Level I & Level II

**Member:**

- The Weston A. Price Foundation – For *Wise Traditions* in Food, Farming and the Healing Arts
- American College of Sports Medicine

I have been involved in the Fitness/Health/Nutrition field for many years. I work as a nutritional consultant for two holistic doctors in the Boise area. I have taught Weight Management, Stress Management and the Politics of Food at Boise State University.

As an undergraduate at the University of Utah, I was the starting guard for the women's basketball team for 3 years. I also competed in softball, badminton and volleyball while attending the U of U. Today I keep in shape with tennis, hiking, skiing and biking.

I consider nutrition to be the most important component of good health. Without the proper fuel for our body, we cannot function optimally. For my graduate thesis I designed a study to determine if improving nutrition, without changing exercise habits, could facilitate weight loss, improve body composition, and improve cholesterol. The results were statistically significant.

I am married and have 3 children; a daughter teaching English in Chile, a son attending law school in Utah, and a son working on a graduate degree in accounting in Arizona.