

Katie's Story

Katie Hake RDN, LD, CPT

I am a Registered Dietitian Nutritionist and Fitness Professional who wears many different hats. My entrepreneurial journey started with teaching group fitness and personal training in college. I realized how my studies in nutrition could have a huge impact on my clients as well. Through my own self-discovery and working through disordered eating and negative body image, I realized my work in this area was bigger. Despite my love for all things fitness, I started to see how the health and fitness industry standards were doing more harm than good.

I started my private practice to help others discover this same freedom. I help my clients to overcome their need to measure success by the numbers. Through one-on-one nutrition coaching, personal training, and teaching group fitness, I help women to own their strength and confidence from within. My goal for my clients is to help them stop quantifying and start living. I am also a Master Trainer where I train and certify fitness instructors and present at conferences around the country. I help support my clients, instructors, and community through the power of social media such as Instagram, Facebook, and Podcasts.

While I love the challenge of running my own business, I also love the challenge of keeping my clinical skills sharp. I work part-time as a Metabolic Dietitian for a children's hospital where I am actively involved in the coordination and nutrition management of individuals with a variety of metabolic disorders such as phenylketonuria (PKU), urea cycle defects, and more. Empowering parents and patients to live a full life despite their disorder, is truly life-changing.

Some would call my schedule 'organized chaos,' but I wouldn't have it any other way. I love that I am able to use my knowledge, voice, and talents in so many areas to create an impact.

Have more questions? Let's connect!

Website: www.katiehake.com

Instagram: @kthake

LinkedIn: www.linkedin.com/in/katiehake/

