



**Megan Hovis** grew up in the small town of Milton, Vermont. She became interested in nutrition at the young age of 12 and made it her goal to better the health of her family. She went on to get her BS in Nutritional Sciences at the *University of New Hampshire*. While attending UNH, Megan was a member of the Cross Country, Indoor and Outdoor Track & Field teams. She was a four-time America East champion, having won titles in the 10,000 meters, 3,000 meter steeplechase, 5,000 and 3,000 meters. She was *All-Northeast Region and All-American* for cross country. In 2005, she was a provisional qualifier for NCAA championships in the 10,000 meters. After college Megan moved to North Carolina to enjoy running outdoors all year long. Megan found her passion in long-distance running and started training for marathons. After running the *Thunder Road Marathon* in Charlotte, NC (2007) in a time of 2:45:10, she qualified for the *Olympic Trials*. At the trials she ran a 2:37:29 and placed 12th in the Country. Megan worked as a Clinical Dietitian at Springs Memorial hospital for two years after college where she gained much insight into differing disease states and how to educate different populations on nutritional information. At **Upgrade Lifestyle**, Megan is able to combine both of her passions into one. She loves to share both her training/fitness and nutritional knowledge with others, and truly enjoys watching her clients succeed!

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