

rachel'sfusion

food & fitness

Rachel Cantore

Credentials and Education:

- B.S. Movement Sciences, concentration in Exercise and Fitness (from UIC)
- Minor in Nutrition (from UIC)
- Certified personal trainer (National academy of sports medicine, NASM)
- Performance enhancement specialist (NASM) & Corrective exercise specialist (NASM)
- Certified wellness coach (NESTA) & Certified nutrition coach (NESTA)
- Personal Chef Certificate (Culinary Business Academy)
- Liability insurance coverage
- CPR and First Aid Certified
- Safety Certified (USA Gymnastics)
- Gymnastics Coach (team, recreational, preschool)
- "Healthy Kitchens, Healthy Lives" food and nutrition conference attendee (through Harvard medical school)
- Attended IDEA World and Chicago health and fitness conferences/conventions
- IDEA member
- PT on the Net member
- Attended numerous cooking classes at Kendall college and also learned first hand from Japanese instructor about sushi and Japanese cooking
- Learned Italian cooking styles at local restaurant from chef
- Have 'sat in', watched, and learned first hand from some top chefs/restaurant owners (Rick Bayless, Gaetano's Restaurant, ...)

