

TRACEY L. O'NEILL, MS, MBA, CNS, LDN, NBC-HWC

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Licensed Dietitian & Health Coach

Drives lifestyle change, Improves client/patient health outcomes

Results oriented, compassionate nutrition practitioner seeking to partner with corporations, practitioners and patients to drive personal lifestyle change. Utilizes Medical Nutrition Therapy and Nutrition Counseling to achieve optimal health outcomes. Expertise in:

**Weight Management | Metabolic Syndrome | Pre-Diabetes
Digestive Health | Personalized Nutrition | Auto-Immune Conditions**

PROFESSIONAL EXPERIENCE

Owner, Operator, Functional Nutrition Practitioner

Longevity Functional Wellness

2021 - Present

- Collaborates with patients to develop and execute specific action plans while providing the support and accountability required to reach their health goals.
- Performs dietary assessments, evaluating patient's nutrition intake while identifying nutrient deficiencies or insufficiencies.
- Creates personalized nutrition care plans for patients with various diseases and disorders to ensure positive health outcomes.
- Monitors patient progress, making adjustments to care plan as needed.

Corporate Wellness Coach – PATH Program

Baptist Health, Jacksonville FL

2017 - Present

- Provides on-site wellness coaching at various corporations in Jacksonville including the Gate Petroleum Company and the Jacksonville Jaguars NFL organization.
- Guides clients in creating SMART goals and action plans for successful and sustainable outcomes.
- Assists clients in successfully achieving their health and wellness goals, while providing accountability and support in removing barriers to success.
- Leads corporate wellness programming on diabetes, nutrition, weight loss, and mindfulness.
- Provides dietary support for clients presenting with the various risk factors of Metabolic Syndrome.

Owner, Operator, Nutritionist, Health Coach

Live Well with Food, Jacksonville, FL

2016 - 2021

- Founded Live Well with Food, a health coaching and nutrition business servicing clients both in person and nationally via video conferencing.

- Provided a methodical, personalized approach to wellness, effectively coaching clients through the various stages of change utilizing positive psychology and motivational interviewing.
- Collaborated with clients to develop and execute specific action plans while providing the support and accountability required to reach sustainable lifestyle change.

DIETETIC SUPERVISED PRACTICE EXPERIENCE

Downingtown Nutrition, Downingtown, PA

2019 - 2021

- Assisted with patient nutrition assessment and monitoring on mostly diabetic and obese populations.
- Provided on-going health coaching to guide patients in reaching their health goals.

Integrative & Functional Nutrition Supervision, New York NY

2020 - 2021

- Worked as a biometric screener measuring blood pressure, total cholesterol, LDL-C, HDL-C, triglycerides, and HbA1C and reviewed results with patients.
- Worked with and performed case studies on patients with various disorders including Hashimoto's thyroiditis, non-alcoholic fatty liver disease, diabetes, and metabolic syndrome.

EDUCATION

Master of Science in Human Nutrition & Functional Medicine (MS), University of Western States, Portland, OR

Master of Business Administration (MBA), University of Central Florida, Orlando, FL

Bachelor of Science (BS) in Supply Chain Management and Information Systems, The Pennsylvania State University, University Park, PA

LICENSES/CERTIFICATIONS

Licensed Dietitian/Nutritionist - Maryland Department of Health and Florida Department of Health

Certified Nutrition Specialist - The American Nutrition Association

Functional Diagnostic Nutrition Practitioner - Functional Diagnostic Nutrition

National Board Certified Health & Wellness Coach - National Board for Health & Wellness Coaching

Functional Medicine Certified Health Coach - The Functional Medicine Coaching Academy