Caroline Young

MS, RD, RYT

Wellness Writer

Communications Expert

As Seen In

GOOD HOUSEKEEPING
SHAPE
HUFFPOST
Spirituality & Health
Today's Dietitian — The Magazine for Nutrition Professionals
YAHOO! NEWS
RUNNER'S WORLD
verywell

From working in hospitals to working with the media, I have well over a decade's worth of experience in the health and wellness world.

I take a non-diet, weight-inclusive and holistic approach to nutrition and health, meaning I believe all foods fit, all bodies are good bodies, and people need nourishment on all levels — physical, mental and emotional.

One of the most impactful parts of what I do is partnering with health brands and companies with mutual values and philosophies.

As a longtime professional communicator and lover of words, I believe words have the power to inspire, uplift and evoke change.

As a brand or company partner, I cut through the clutter of nutrition and wellness information and unpack it in a digestible way. I provide science-based and compassionate insight, so your audience can make informed, nourishing choices.

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SERVICES

Blog posts & articles

E-Newsletter content

Article review / fact checking

Nutrition & yoga videos

Testimonial videos

Nutrition & wellness educational materials

Website or social media content

Webinar presentations

Print & Online media interviews

Wellness media consulting & advisement

Trauma-informed wellness content review

"We have frequently tapped Caroline to write various content pieces for the website focusing on health and wellness at nationalpeanutboard.org. She has also done a wonderful job with our virtual conference offerings this year. Caroline has led a few virtual yoga/education sessions focused on peanut and peanut butter nutrition. Our attendee feedback after events with Caroline are always very positive!"
- Jada, National Peanut Board

"Caroline is a delight to work with! We first hosted her for a virtual Wellness Break in March, which had a 100% satisfaction rate and left employees hungry for more. Two months later, we brought her back for a nutrition segment on our Day of Wellness. She had a visually-appealing presentation, and she made the content easy to digest. I have recommended Caroline to my colleagues and we look forward to working with her again!"
--Lauren, Discover Credit Card

>1.6 K Followers & **3%** Engagement rate **>400 M** Media reach

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@thewholeyogiRD

@Caroline L. Young, MS, RD, RYT