



Vhi

Nathalie Lennon

Health and Wellbeing



Nathalie Lennon is an inspiring health and fitness coach, radio host, podcaster and content creator passionate about spreading an authentic message based on wellbeing, establishing an optimal relationship with both food & fitness, pushing our comfort zone boundaries & living life to the fullest all with wellness at the forefront.

After graduating with a degree in Earth Sciences from Trinity College Dublin, Nathalie changed routes & became qualified as a personal trainer in 2016. Since then, Nathalie built a business coaching clients in the gym for 5 years, which soon then moved to coaching online as well as teaching classes and leading at events. In 2018 Nathalie qualified as a Nutritional & Health Coach (level 6 on the NQF) from the Irish Institute of Nutrition & Health. Nathalie now combines fitness & nutrition to coach individuals across the world online, to help them establish a healthy relationship with food, understand nutrition & achieve body confidence.

Nathalie's mission is to help others develop a positive relationship with fitness and food through sharing her story, tips, habits and experiences. She aims to showcase & help others find balance between extremes, enjoying all that life has to offer, whilst keeping on top of their physical and mental health.

Nathalie has always been passionate about sharing her truth, from struggles with an ED when she was younger and repairing her relationship with food and exercise to her journey with acne as an adult and finding her confidence again. Nathalie's infectious positivity and her authentic message has gained her a loyal following online. Her audience is highly engaged in her journey and often rely on Nathalie for advice - be it fitness, nutrition, a balanced lifestyle, or dating dilemmas!