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bridge intro

When people question my love for running. I tell them nothing compares to the feeling of crossing that finish line. The perseverance, hard work, discipline, and responsibility you endured in those countless and exhausting hours of miles and nutrition planning in preparation, have finally paid off.

career goals

Nutrition is a major component to not only the lives of athletes, but to the lives of each and every person. Running has taught me that without proper nutrition, success in training and racing can be difficult to achieve. With a growing interest in fitness in today's population, education on proper diet is sparse. Often, exercise is overused and nutritional plans are neglected. Helping people obtain a balance between exercise and diet is one of my aspirations. In addition, I have recently discovered personal food allergies, resulting in extensive dietary restrictions. This major adjustment to my life has intensified my dream to help better the lives of people through nutrition.

past exp / what you've done so far

The Didactic Program in Dietetics/ Master of Science in Nutrition and Dietetic Internship at the College of Health and Rehabilitation Sciences: Sargent College at Boston University, encompasses hands-on-learning through research experience and internships, as well as courses that will expand my knowledge of food and nutrition. As a future graduate of a research-based institution, I have found satisfaction in performing research and feel my knowledge would be incomparable without it. During my undergraduate studies, I participated in research focusing in biochemistry and organic chemistry. This opportunity led to one of my major accomplishments, publishing a paper with Dr. Christopher Nomura and Dr. Atahualpa Pinto in the *American Chemical Society Macro Letters*. I plan to use my knowledge of and experience with basic organic and biochemical techniques from this opportunity to participate in a research program within the institution. Studying athletes, specifically runners with eating disorders hits home with me, not only because I am a runner, but I also have a friend who suffers from an eating disorder as an athlete. Observing the struggle, treatment, and reactions she received only made me want to help more. E For this reason, Dr. Paula Quatromoni's research involving sports nutrition and eating disorders is why I aspire to be part of at Boston University. The research experience, along with location in one of the largest cities in the country would not only expand my knowledge, but the preparation from internships at multiple hospitals and medical centers focusing in different specialties would set me apart from my colleagues for future employment opportunities.

Being an athlete has shaped the person I am today. With a Master's Degree from Boston University, I will apply my new and old experiences to a career studying nutrition for a wide variety of athletes. The opportunities I will encounter through internships, an assortment of nutrition classes, and research at Boston University will help pave the way for me to achieve my ultimate career goal of bettering the lives of athletes through nutrition.

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why the college, program, etc.