



# APRIL HULBERT

CERTIFIED HEALTH COACH

## Contact

**Call/Text Directly**  
352-538-7007

**Email**  
April@IWMgainesville.com

## Education

- Certified Health Coach, 11 years
- Bachelors in Health Science, University of Florida, 2007
- Masters in Occupational Therapy, University of Florida, 2010

## Speciality Training

- Pharmacy in Your Kitchen and Probiotics  
Understanding the Gut Brain, Stress, Appetite, Digestion & Mood
- The Science of Fat & Sugar
- The Diet Revolution
- Inflammation, Chronic Illness & the Brain

## Health & Wellness Personal Interests

Gut Health -  
Food as Medicine  
Hormone Health

## About Me

April has a wealth of experience between her health coaching and occupational therapy work.

She is passionate about wanting to heal everyone's gut...the root of all health! Foods should make you feel good as it is what helps you heal properly and prevents chronic disease! She gets excited about helping clients strategize through action steps to make lasting changes to their health!

## April's Healthy Habits

- MOVEMENT - Pilates, walking and running with friends
- INTAKE - She never goes a day without her daily anti-inflammatory smoothie and serving of sauerkraut!
- SLEEP - A dark room and a chili pad
- STRESS MANAGEMENT - Reading, listening to podcasts, going to bed early and getting up early (especially to enjoy a morning cup of coffee or tea and some alone time before the family gets up), and enjoying sunshine on her porch

## Family Life

April is a Gainesville native, married, and has two kids (Sailor and Reef). As a family, they enjoy spending time exploring new places, bike rides and they're big time snugglers. Recently, the kids have become great kitchen helpers, creating recipes and then helping mom make them too. You might even see Sailor and Reef show you some easy kitchen hack videos!

Their third child is Violet, the basset hound, and the queen of the house! She is truly a sibling to the kids!

