

Sarah Grace Spann



As a certified personal trainer, author, and a current Florida State University sports nutrition graduate student and dietetic intern, Sarah Grace loves all things health & fitness.

As an athlete for most of her life, Sarah Grace learned at an early age that what we eat plays a major role in how we feel and in turn, how we live our lives. She felt a need to share her passion with others, so she took to both the kitchen and the gym after resigning from being a D1 athlete at the University of Florida, and let her creativity run free. The widely popular website and Instagram, Fresh Fit n Healthy, was a result, which now reaches over 100,000 people daily.

Sarah Grace not only spends her time sharing healthy recipes and fitness tips on her website, www.FreshFitnHealthy.com, but she has also been gaining extensive experience working with athletes, whether that be in the collegiate environment (UF & FSU), MLB (MN Twins), or NFL (Atlanta Falcons). She is set to be a registered dietitian by summer of 2017, and plans to use her degree and certification to continue helping others live a fresh, fit, and healthy lifestyle.

Not only has Sarah Grace created a series of e-cookbooks, but her most recent accomplishment is her published inspirational memoir, Chasing Freedom, that shares her personal journey from the valley of an eating disorder to the mountain top of total freedom.