

## **Helping Women Stay on Track for Summer**

### **Women's Initiative**

*6.17.19*

McCarter & English Women's Initiative invited clients to a discussion about overall fitness and nutrition goals that can be incorporated into their busy schedules. The discussion focused on real, hands-on tips from clinical dietitian at Tufts Medical Center, Alicia Romano, and co-owner and personal trainer of Fitness Together, Courtney Cronin. They demonstrated key techniques for healthy eating habits and simple exercise moves that will keep busy women professionals feeling good all day.