

Esther White Bio



Esther White is a registered dietitian, personal trainer and group exercise instructor. She has a bachelors and master's degree in nutrition. She also maintains certifications in essential oils, fitness and weight management. Her passion is empowering others to increase their health, freedom and love of life with natural solutions.

Esther is happily married to her high-school sweet-heart, has 1 son and loves to run, compete in cross fit and be as physically active as much as possible!

Currently she is a self-employed consultant in Hurst, TX and does a variety of jobs that feed her passion. You can reach her at esther79@sbcglobal.net or 817-706-6121.