



Alesha Sevy

Alesha Sevy has embraced wellness and creativity as a part of life since her teens. Alesha holds a degree from the University of Utah in Communication with a Business emphasis, an area of study that led her to specialize in the creatively communicative field of marketing. She later studied graphic design and began a freelance marketing and design business as a way to work from home and pursue her creative passion.

Home life required a different sort of creative approach. As a single parent and small business owner, Alesha was always refining her personal and career balance, creating a comfortable and nurturing home while also managing a growing business. Along the way, Alesha married another busy business owner and together they began raising three children full time as a blended family.

Alesha realized that with smaller chunks of time, a larger family to love and an increasing desire to prioritize her family's wellness, nutrition and fitness, she'd need to really get creative about ensuring the fridge was stocked with wholesome, nutritious and easy food while also balancing a business.

This balancing act unexpectedly primed her for a new passion to arise – a creative endeavor that blended the art of life balance with the art of wellness. Alesha began to create processes in the home that distributed tasks among each family member, empowering them with the knowledge they needed to understand their food choices and remain accountable for their assigned tasks. In short: she got the kids involved in being responsible for a portion of the family wellness commitment.

As word caught on, friends began asking Alesha how they could also learn some easy strategies to make nutrition more simple, help their kids build life skills and prioritize their time. During this time, Alesha joined forces with the WholeFit team as a Lifestyle Management Guide.

As a Lifestyle Management Guide, Alesha's purpose is to help others learn how simple it can be to plan for weekly nutritional success, prioritize fitness and make more time for soul food and relaxation. Life is too short to do it the hard way. Learn how to make it easy so you can spend more time enjoying yourself.

<http://www.lifeethic.com/about/about-the-team/>