

I Am Greene County

Hometown: Ash Grove.

Family: Jim & Lana Simmerman, my two brothers, Chase and Garrett Simmerman, and my fiancé Oren Maberry.

Education: Bachelor's degree in nutrition and dietetics. Working towards my masters in nutrition diagnostics.

A movie I never get tired of watching is: The Back to the Future series.

Why did you decide to become a dietitian: To learn facts from fiction in the world of nutrition. There is a lot of false beliefs in nutrition that people read in magazines and hear on social media. I want to be a voice of truth to help those around find better health.

Pets: One dog named Jack.

Favorite food: Taco salad! Yum!

Something I hope to see happen in my lifetime is: Country music becoming good again.

Favorite color: Teal.

Why is healthy eating important: It plays a huge role in your overall health. Making wise nutrition choices at any age can lead to many years of good health.

Where do you see yourself in five years: Working full time as a dietitian at an outpatient clinic serving my community, getting married, and starting a small little family.

What is someplace you hope to travel to someday: I would love to travel to Utah. Hiking through Zion National Park would be a dream come true!

If I were a superhero, my power would be: Flying! How cool would it be to soar over the Rocky Mountains?

My hobbies and interests include: I played basketball for 17 years of my life, but in the last few years have taken up hiking, camping, and kayaking. Anything active, I enjoy.



Sponsored by:
Taylor Insurance

I Am
Lakin Simmerman
Dietitian