

Rachel Leeson was born in Stevenage in 1990, and lives in Hitchin, Hertfordshire.

She attended Hitchin Girls' School from 2001-2008 where she gained 9 GCSE's, 4 AS Levels, 3 A2 Levels and 1 BTEC.

After completing an NPLQ (National Pool Lifeguard Qualification) in 2006, she immediately began working part-time at a leisure centre, where her interest into health and well-being begun.

She recently graduated from Sheffield Hallam University in 2011 obtaining an honours degree in Nutrition, health and lifestyles. Throughout her University experience she expanded her knowledge by undertaking various work experience opportunities in the public health industry.

These included experience with an NHS community nutrition project named 'Ship Shape', as well as volunteering as a research assistant for the School's food trust.

Since leaving University, Rachel spent a year living in Plymouth where she worked for 'Shape Studios', a designated studio to over 20 whole body vibration machines, called 'Flabélos'. She was quickly promoted from sales assistant to manageress, where she was responsible for day-to-day running of the studio, demonstrating exercise routines to clients, as well as offering dietary advice.

Her personal sporting achievements include various running events including the Silverstone half marathon, the Manchester 10km run, and various short distance charity running events.