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Melyssa Allen is a board-certified lifestyle medicine professional and certified health and well-being coach. Her passion is creating educational and entertaining experiences while teaching about positive health habits. Outside of work, she enjoys teaching virtual fitness classes. Allen recently published her first book, titled *Healthy Living Doesn't Have to SUCK: Guided Coaching Workbook—Lasting Positive Habit Change is Within Your Reach!* Allen received her bachelor's degrees in biology and psychology and her master's degree in clinical psychology from the University of Central Florida.