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Rebecca Rick is the health and wellness consulting director at GBS Benefits located in Salt Lake City, Utah. She provides direction for the GBS health and wellness team with a primary focus on supporting clients as they create, develop and sustain healthy workplaces. With ten years working in the health, wellness and fitness industry, she has consulted with individuals, athletic teams and employer groups and is dedicated to helping others achieve a high quality of life through improved wellness. Rick has a master of science degree in nutrition from the University of Utah, has a bachelor's degree in business entrepreneurship from Baylor University, and is also a Registered Dietitian and Certified Intuitive Eating Counselor.