

Hallie Shepps

AT MIT SINCE 2016

Teaching Fitness & Nutrition,
Fitness & Stress Management, and
Fitness & Sports Nutrition

EDUCATION

B.A. in Psychology from
University of Michigan

FAVORITE TV SHOWS

Game of Thrones &
The Office



BEST ADVENTURE

Skydiving in the
Great Barrier Reef,
Australia



FAVORITE PART OF TEACHING AT MIT

Getting students excited about
health and wellness and
helping them find fun ways to
incorporate proper nutrition
and physical activity into their
daily lives



Hallie Shepps

Hallie graduated from the University of Michigan with a B.A. in Psychology in May, 2015. She is currently a graduate student at Tufts University, pursuing a Masters in Public health with a concentration in Nutrition. She is very passionate about promoting health and wellness within her community. At the University of Michigan, she was a Project Healthy School Ambassador, where she taught a middle-school class about the importance of physical activity and maintaining a healthy diet. In Boston, she works as a research assistant for the FLEX study, examining the association between physical activity and obesity among children in the Boston area. Whether it be through education, access to healthy and affordable food, or a safe community for physical activity, Hallie believes that everyone should have the resources to be able to incorporate a healthy diet and regular physical activity into their daily routine. In her free time, Hallie also loves yoga, Pilates, and cooking.