

# EDUCATION

B.S. Nutrition & Food Sciences, University of Vermont  
M.S. Nutrition & Behavior Change, Tufts University  
M.P.H. Health Communication, Tufts University  
Group Exercise Instructor (ACE)

# KALYN WEBER

ADVICE FROM  
FUTURE SELF

Do what makes  
YOU happy!

Hometown

Lake George,  
New York

FUN FACT

Ran Division 1 Track & Field as  
a hurdler and sprinter in  
college



TEACHES AT MIT  
Nutrition & Fitness  
Fitness & Stress Management



## Kalyn Weber Short Bio

Kalyn Weber is a passionate wellness professional who has worked MIT since 2013. After earning her B.S. in Nutrition & Food Sciences from the University of Vermont, Kalyn moved to Boston to pursue graduate degrees in nutrition and public health at Tufts University. She is a licensed Group Exercise Instructor and teaches upbeat, boot-camp style fitness classes. At MIT, Kalyn teaches Nutrition & Fitness and Fitness & Stress Management in the PE program. Kalyn loves helping MIT students learn new ways to approach their health and fitness goals.