

# **Our Team**

**Tamra Thole**



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# Holly Smothers- Marketing & Communications Manager & Nutritional Therapy

Since Holly can remember her health has been a priority for her. She has continually seen the profound impact taking rest, and strength-building can have on her overall health and daily life.

Holly was drawn to the marketing position at Elite because it gives her the opportunity to spread awareness about the people's overall life. She believes that if you can move well and without pain, you will have the strength and confidence to live your way.

Holly particularly liked the environment and approach Elite has with patients, and their viewpoint that each person therefore should be treated accordingly.

The Physical Therapists provide individualized care to each patient, with undivided attention. She believes nutrition is important, there is no "perfect, one-size-fits-all diet."

The therapists are also knowledgeable beyond anything she has experienced. Beyond that, the company itself is the "best" about in business school, and says that the camaraderie between all staff members is incomparable.

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## HOLLY SPECIALIZES IN:

- Digital Marketing & Communications
- Event Coordination & Planning
- Developing Dietary Changes For The Long-term
- Women's Health & Hormonal Balance

## GET TO KNOW HOLLY:

Holly was born and raised in Lake Saint Louis, MO. Growing up she played soccer, basketball, ran track, was a competitive private gymnastics lessons for fun.

She not only loves playing sports of all kinds, but also loves to watch them. With a front-row preference, she decided to join a team and fell in love with it. After high school she continued her cheerleading career at Mizzou!

After graduating from Mizzou in 2015, Holly did not want to go home but didn't want to move too far away so she moved to a Marketing Agency in Kansas City. During this time she fell completely in love with Kansas City, especially the Crossroads. She worked Full Time as a Project Manager, where she worked for 2.5 years.

After experiencing some health complications, Holly decided to move back to St. Louis for a year while making a career change in health and overall lives starting with nutrition. She began working part time at Elite as a Marketing Coordinator, while completing her Nutritional Therapy Practitioner (NTP) certification. Upon completion, Holly and her rescue pup, Goji, moved back to Kansas City to work as a Marketing Coordinator and NTP.

Her favorite things about Kansas City are all of the unique areas (especially the Crossroads), the awesome farmers markets, gyms/studios & healthy food joints, and of course, Kansas City SPORTS (except when the Royals are playing the Cardinals).

When Holly is not working, she stays busy spending time with friends, working out, walking her dog, watching sports, and creating masterpieces in the kitchen, especially healthy dessert alternatives.

Be sure to introduce yourself to Holly next time you are at Elite, and tell her your favorite joke. Also, keep an eye out for recipes and health tips!

***FOLLOW HER ON SOCIAL MEDIA:***

- ***INSTAGRAM: @holistichealthbyholly***
- ***FACEBOOK: @holistichealthbyholly***

**HOLLY'S BIO:**

- B.S. Business Administration, Marketing Emphasis University of Missouri, 2015
- Certified Nutritional Therapy Practitioner, 2019