

NFS Students Arin Harwall and Jericho Yates Featured on *Health Fit!*



Yoanna-Mariya Kirkova, host of the student-run *Health Fit!* broadcast, interviewed Arin Harwell and Jericho Yates about their work as Nutrition Mentors at MTSU's Campus Rec. The two discussed the effect that hidden sugar has on health and shared dessert replacement ideas that will help curb those late-night, sugar cravings.

Harwell, a native of Shelbyville, will graduate in May with a B.S. in the Dietetics Concentration of NFS. Yates, a native of Yakima, Washington, is a junior in the Dietetics program. The show will be aired on MT10 News station and *Health Fit!*'s YouTube channel and Facebook page.