

Aleyda Metts

Aleyda Metts is an African American college graduate from California State University, East Bay where she received her Bachelor's of Science in Kinesiology with a focus in Exercise Nutrition. She had plans since high school to have a career as a Registered Dietitian. Until recently, she decided to change course and consider pursuing Public Health as an option as it better aligns with her goals she plans to implement.

Before deciding to pursue a career in Public Health, she was able to create a small background in nutrition by taking courses, reading peer-reviewed articles, and listening to podcasts from credible healthcare professionals.

Due to her background in nutrition, much of what she wants to implement stems from that field. In addition, she is also involved in a non-profit organization that is providing ways to increase healthy food access in underserved communities through gardening. As much as she plans to immerse herself within the field of Public Health, she has a strong interest in real estate. She recognizes that low income housing is strongly needed and has been an ongoing issue for some time.

On a lighter note, Aleyda enjoys physical fitness such as hot yoga, hiking, and resistance training. She also plans to strengthen her skills in tennis as it's one of her favorite sports. She also finds true crime to be intriguing and loves anything horror related. She is also very outgoing and loves meeting new and like minded individuals.