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**Socket announces the addition of a health expert**

**COLUMBIA** - Socket, a Missouri-based telephone and Internet service provider, is proud to announce the addition of Denise Coots, nutrition and fitness expert, who will lead Socket's new Healthy Life program.

Coots, who holds a Bachelor of Science in nutrition and fitness, a minor in business, and will graduate with a degree in dietetics in May from the University of Missouri-Columbia, is responsible for all facets of Socket's Healthy Life program. It includes meeting one-on-one with employees on diet and exercise

of sodas and candy bars.

"I'm thrilled to step into the role of health coach and consultant for Socket's employees," said Coots. "Bringing a nutritionist on board for their employees shows how committed Socket is to the health and well-being of its team. This is a fantastic opportunity to teach and help them make real, lasting and positive changes in their lives."

Founded in 1994, Socket is a Missouri-based telephone and Internet service provider with the largest service coverage in the state. Socket is a privately held company that provides business customers a choice for local and long-distance phone service. It combines the highest quality customer service with in-depth technical knowledge to provide customized phone service packages. Socket also offers high-speed DSL and accelerated dial-up Internet service to both business and residential clients. Socket provides service to more than 20,000 customers in more than 400 cities across Missouri. For additional information, please visit: <http://www.socket.net>.

techniques, serving employees as a personal weight-loss



**Denise Coots**

coach, and conducting Socket brown-bag educational seminars. In addition, Coots oversees Socket's Healthy Snack program, an effort to stock

Socket's kitchen with affordable, tasty and healthy snacks to replace the traditional vending machine fare