



Nicole Young is a lauded voice in the lifestyle space and an experienced broadcaster who's hosted and produced on-air content for outlets including: *E! News*, *ABC World News Now*, *The MSG network*, *The PIX11 Morning News*, *Good Day Philadelphia*, *Let's Talk Live*, *NBC11 Atlanta & Co* and *The Morning Blend*. A respected style, food and wellness journalist, Nicole's written exciting and engaging articles for *HuffPost*, *The NY Post*, *USA Weekend*, and *Reader's Digest*.

A lifelong fashionista, Nicole is a former fit model who also spent several years working as a stylist conceptualizing red carpet looks for famous faces like: **Lisa Ling**, **Ashanti**, **Eva Marcille** and Gold medal Olympian **Dominique Dawes**. Nicole's fashionable influence extended into the professional sports world through her innovative costume design projects for **Top Rank Boxing** and **The New York Knicks**, and her bespoke clothing designs have graced both the pages of top magazines and the physical frames of style stars like: **Gabrielle Union**, **Kate Hudson**, **Naomi Campbell** and **Rachel Zoe**.

A healthy lifestyle advocate with a background in dance and fitness instruction, Nicole believes wholeheartedly in “*treating our bodies to nothing but the best*”. She takes great pride in her role as a recipe developer – helping bridge the gap between body-friendly food and flavorful experiences. Nicole recently launched her healthy global-inspired cuisine on the **WoodSpoon** app and is excited to offer her freshly prepared food to customers in the greater NYC area.

Nicole is deeply devoted to making healthy, happy living accessible to all. The native New Yorker resides downtown Manhattan with her husband and toddler son.

Check out some of Nicole's work on camera [here](#).