



Keyword: The Montcalm Marble Arch

Chester University student recognised for health food blog

Chester University student recognised for health food blog. A University of Chester student has been named a finalist in the UK Blog Awards for her blog, 'Lean Bean Nutrition'.

Lindsay Benson, 25, is a finalist in the Young Person Recognition category.

A record-breaking 42,000 public votes were cast to shortlist the 2,000 entrants of 2015's awards.

The UK Blog Awards – taking place at the Montcalm, Marble Arch on Friday 17th April – celebrate company and individual talent across 12 industry categories including health, travel and automotive and two sub-categories commending young and innovative bloggers.

Lindsay, a nutrition and dietetics student, said "I was over the moon to be nominated for the UK National Blog Awards. Being nominated has highlighted to me the impact that my blog is having.

"I aim to motivate and inspire individuals to start their own journeys to a healthier active lifestyle, proving that healthy eating doesn't have to be boring. Simple recipe modifications means you can have your cake and eat it without feeling guilty.

"Doing well and being recognised for my achievements over the year that my blog has been live is truly humbling."

Lean Bean Nutrition will now face an expert panel of judges, including Mike Ruffles, content and social media manager at Virgin StartUp and Christopher Walkey, CEO of Marketme.co.uk, to determine whether it will scoop the overall title of Young Person Recognition Blog winner.

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