

Adylia-Rheneé Gutierrez -Certified Nutritionist, Vegan Chef, and Inspired Creator of
[Yhorlife](#) Online Wellness and Fashion Platform

Adylia Gutierrez is the Founder/Creator of Yhorlife, serving the unique needs of global communities with widely accessible, customizable tools for improved wellness, stronger community, and lasting positivity. A former World Cup athlete and Fortune 100 executive, Gutierrez understands the foundational elements of building an optimistic mindset and healthy body. Believing that connected mind-body wellness supports a thriving life, she set out to develop a multi-functional online platform designed to inspire all aspects of healthy living - mind, body, and spirit.

Gutierrez learned the importance of discipline and hard work through her experience with International Fencing. A naturally gifted athlete, her commitment to the sport led her to represent the US in two World Cup events. She went on to excel in the world of corporate finance, earning a degree in Business Administration/Finance from the Fox School of Business. Rising to the position of Corporate Revenue Accountant for a Fortune 100 company, Gutierrez found herself feeling exhausted and burned out amid the daily grind.

She set out to become a Certified Integrative Nutrition Coach and a member of the International Association for Health Coaches, developing a personal wellness regimen to fuel powerful living. The answers she discovered for her own life became Build Yhorlife Coaching™, an entirely new and personalized approach to mind-body wellness accessible to everyone, regardless of budget or background. Featured on Fox & Friends, Telemundo, in Voyage Magazine, and more, Build Yhorlife Coaching™ grew into a powerful resource for self-improvement.

Now, Gutierrez expands her proven coaching program into a versatile resource filled with tools for improved wellness and enhanced positivity, bringing together a community of individuals seeking to curate an uplifting lifestyle. The Yhorlife team shares inspiring stories from conscious, community-focused innovators/brands who seek to do well by doing good in the realms of fashion, film, beauty, business, and more. Visitors can also access ethnicity-based nutrition/mind-body wellness insights and shop the most trusted brands in beauty, wellness, fashion, or home decor. Plus, discover the Build Yhorlife Coaching™ community and programs created to support personal and professional success. Follow @Yhorlife on Instagram for curated content to uplift and inspire a positive lifestyle. *Yhorlife - Invest in the most valuable asset... yhorself!™*