

Comet Alumni Spotlight

Rachel LaHood Hulteen Class of 2007



Educational Background:

I attended St. Thomas from kindergarten through eighth grade. Afterward, I attended Peoria Notre Dame for high school. I did not venture far from home for college but went on to study at Bradley University, majoring in Nutrition & Wellness with a minor in marketing.

Recent Achievements:

After graduating from Bradley, I created and filmed a workout program in California for Beachbody. This experience shaped and equipped me to start my own business. I returned home to Peoria and launched my online fitness business, Lively Girl Fitness, where I combined my nutrition degree with personal training to help clients reach their fitness goals. It has been eight years, and I feel fortunate to have a job I love that is incredibly rewarding.

Family:

My husband, Matthew, and I met at Bradley and have been married for seven years. We have six-year-old twins, Oliver and Olivia, who are in kindergarten with Mrs. Scrivner. Additionally, we have a four-year-old, Grayson, and a one-year-old, Gabriel. Grayson is eager to attend STS next year for Pre-4. We feel blessed to raise our family in Peoria and have them attend St. Thomas School.

Favorite experience as a St. Thomas Comet:

I had a fun and kind class throughout my years at St. Thomas, making my time there enjoyable and positive. Some standout memories include playing parochial soccer with my mom as the coach and winning the parochial soccer championship under the lights at Notre Dame High School—an unforgettable moment.

St. Thomas teacher who made an impact on you:

Mrs. Crawmer made a huge impact on me in 7th and 8th grade. I went from struggling with math and feeling incapable to confident because of her. She had a special gift for helping students learn without making them feel inferior, and her enduring kindness is something I'll never forget.

Piece of advice for current Comets:

- Always try to leave people better than how you found them.
- Be nice to your parents!
- Every new day is an opportunity to change your life. You don't have to have all the equipment or perfect setup to start. You just have to go for it. Do what you can with what you have while you work for what you want.

