

Meet our Nutritionist...



Kelly Carter

BASc (Hons), CNP

**Nutritionist
Mississauga Club**

Beginning her studies at the University of Guelph, Kelly Carter achieved a Bachelors degree in Applied Human Nutrition. After furthering her education at the Institute of Holistic Nutrition and graduating with first class honors, she is now a Certified Holistic Practitioner.

Kelly believes that making small changes day-to-day is the best way to successfully obtain optimal health. Through eating whole foods, increasing physical activity and doing what makes you happy as much as possible she knows you can once again become empowered and take control of your health.

Living a plant strong, healthy lifestyle that emphasizes on the prevention of disease is what Kelly focuses on. Her passion for cooking and baking with natural ingredients has inspired Kelly to educate and teach others through seminars and cooking classes at local schools and business'. In the most recent years she has been working in the clinical setting focusing on sustainable weight loss/maintenance. It all comes down to what you eat, drink and think!

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