

Meet our Nutritionist...



Lauren Steinbock

RHN

**Nutritionist
Oakville Club**

Born and raised in Burlington, Lauren grew up playing various competitive sports, which is where her love for health and wellness began. At an early age she grasped the connection between nutrition and its profound effect on the bodies overall function. This was particularly important being an athlete, ensuring she was properly fuelled to perform.

She attended Wilfrid Laurier University where she received her Bachelors Degree in Psychology. Studying psychology gave her a strong understanding of the mind/ body connection and greater insight into human behaviour and thought processes.

Her undying passion for nutrition and curiosity about the notion of using food as medicine led her to continue her studies at the Canadian School of Natural Nutrition. Here she attained her designation as a Registered Holistic Nutritionist. While completing her studies, she gained a true understanding of the power of food and its ability to promote overall wellness. Lauren works with clients to educate, empower and inspire them to achieve their goals and live a vibrant life. She takes an all-encompassing approach to develop a diet and lifestyle program that is catered specifically for you, allowing you to achieve optimal health and have you feeling your best!

