

Meet our Nutritionist...



Kelly Carter

BASc (Hons), ROHP RNCP

**Certified Nutritional Practitioner
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 honours as a Certified Nutritional Practitioner. Kelly is now affiliated with the International Organization of Nutritional Consultants and is recognized as a Registered Nutritional Consulting 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 will become empowered and take control of your health.

Some of her accomplishments include:

- Published in Inside Fitness Magazine and the Avazera Company blog
- Appearing as a nutrition expert on Kitchen Confessions podcast and Kelly&Company radio spot
- Launched the Food Matters Fat Loss Program; an integrative program focused on diet freedom

Living a plant strong, healthy lifestyle that emphasizes on the prevention of disease is what Kelly focuses on. In the most recent years she has been working in the health center setting focusing on sustainable weight loss/maintenance. It all comes down to what you eat, drink and think!

