



Media Kit: Kristyn's Bio

Kristyn is a high-energy and knowledgeable Nutritionist, Dietitian and Health Coach. She'll infect you with her passion and enthusiasm for good quality food and sound nutrition. Kristyn has worked with hundreds of women and men over the age of 40 years, creating a shame-free space to talk about food and nutrition struggles and inspiring clients to enjoy and embrace good-tasting food as fuel for their health and vitality, one bite at a time.

Kristyn is the CEO (Chief Energizing Officer & Chief Eating Officer) with Energize Nutrition.

Kristyn was named as one of the Top 10 Dietitians in Calgary. She was also named a Centennial Alumni of Influence by the College of Pharmacy and Nutrition, University of Saskatchewan in June 2014. Kristyn is an active contributor of Dietitians of Canada, receiving two Volunteer Recognition Awards from this national professional association.

Kristyn has a Master's of Science in Nutrition from the University of Saskatchewan and has over 20 years of practice as a nutritionist and dietitian. Over her career, Kristyn has worked in community nutrition and public health, helping people across the life span – pregnant women, children, youth, men, women and parents. Her degrees in nutrition and psychology, her certificate in Culinary Arts, along with training in motivational interviewing and health and lifestyle coaching, have helped Kristyn coach people about food and nutrition to help them feel better.

Kristyn has completed her Wellcoaches Certified Health and Wellness Coach training and certification, and the Coaches Training Institute's Co-Active Coaching Core Program. She also has a Lifestyle Medicine Coach Certificate.

Kristyn is an experienced writer, publishing evidence analyses in the internationally recognized Practice-based Evidence in Nutrition database (Dietitians of Canada) on diverse topics including toddler and preschooler nutrition, pediatric obesity intervention, safety of soy across the lifespan, and lactose intolerance. She was The Editor of PEN eNews, an internationally read newsletter about evidence-based dietetic practice.

Kristyn "lives it to lead it", eating (mostly) nourishing food to fuel an active lifestyle, while saving room for indulgence! Kristyn has completed several 10 km road races, two sprint triathlons, two Gran Fondos and has run three half marathons. She is a busy mother of two very active boys.

Ready to energize your nutrition to become a healthier version of yourself? Work with me!



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Kristyn has received several accolades from past clients:

- "Kristyn was great – she has so much energy. Very informative".
- "Engaging and enthusiastic. Very knowledgeable".
- "Kristyn is fun and positive". • "Awesome. Easy to understand and friendly."
- "Kristyn is informative, welcoming and very good at answering questions"
- "Very pleasant personality - enthusiastic and passionate about nutrition and food".

"Kristyn is an amazing resource on all things food, nutrition and well-being. She's always ready to serve up satisfying solutions whether actual food or lifestyle strategies. She is the real deal as an example of healthy living. From working together on a national Board and in a MasterMind group, she is highly professional, always dependable and exceptionally organized. She works with a warm, collaborative style and always finds a way to bring out the best in people."

Patricia Chuey, MSc, RD - Foodtritionist & Author - www.patriciachuey.com