

## Certified Nutritionist

As a certified nutritionist, Lisa believes one must practice good nutritional habits for healthy living, and she practices what she preaches.

She can design a custom-fit program to coach you into eating well to feel better, achieve weight loss goals, or improve overall health. Depending on your specific goals, Lisa can advise you how to incorporate healthy eating habits into daily living as a lifestyle, and guide you to make more educated nutritional choices.