



NUTRITION CONSULTING INC.

Lisa Linner BA, BSc, RD

With a background in both psychology and nutrition, Lisa is dedicated to providing straightforward nutrition advice that is realistic, motivating and fun. She has a keen eye for the “bigger picture” and understands the important role that our moods, thoughts and everyday life circumstances play in choosing the foods we eat. You never have to be nervous seeking nutrition advice from Lisa...her easygoing nature and guilt-free approach to creating the lifestyle you want ensures a balance between both healthy eating and enjoying the foods you love!

A born and raised Calgarian, Lisa completed a Bachelor of Arts degree in Psychology at the University of Calgary and a Bachelor of Science degree in Nutrition and Food Sciences at the University of Alberta. She then finished a dietetic internship with the Calgary Health Region and became a Registered Dietitian. With wide-ranging experience from developing recipes in a food lab, to providing nutrition coaching at a cardiac rehabilitation clinic, and even teaching nutrition at Calgary’s Southern Alberta Institute of Technology, Lisa’s love of food and teaching makes her a creative and understanding nutrition counselor. As a member of the Dietitians of Canada and the College of Dietitians of Alberta, her nutrition advice is not only credible, but also current.

When she’s not cooking or chasing after her two cats, Lisa likes to stay active in the outdoors by hiking, biking, snowboarding and surfing. And in true Health Stand style, she always makes sure to enjoy at least one serving of chocolate each day!



It's your **health.**



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com