



NUTRITION CONSULTING INC.

Sarah Remmer BSc, RD, CDE

Sarah Remmer is passionate about good food as well as leading a healthy and balanced lifestyle. She empowers her clients to become "intuitive eaters" and reach their goals; one bite at a time. She uses a "non-dieting" approach and encourages her clients to adopt an overall healthier lifestyle for achieving their goals. Sarah feels very fortunate to be able to share her passion and expertise in nutrition and wellness and provides current and reliable advice. Her counselling style is fun, laid back and non-intimidating. Sarah believes in achieving realistic overall health, often ensuring a glass of wine and dessert accompany dinner.

Sarah specializes in many areas including healthy weight loss, chronic disease management and prevention, gastrointestinal health, Diabetes, pre- and post-natal nutrition, sports nutrition, food allergies and intolerances and much more. Sarah completed her Bachelors of Science in Nutrition at the University of Alberta. She then completed a 10 month internship program in Calgary and became a registered dietitian through the College of Dietitians of Alberta and Dietitians of Canada. Sarah is also a nutrition expert in Diabetes prevention and management and has become a Certified Diabetes Educator through the Canadian Diabetes Association.



Since becoming a dietitian, Sarah has gained her experience through work in various acute care and transitional hospitals and private health care clinics, and teaching in post-secondary institutions such as SAIT and in private practice. Sarah often shares her expertise with the media, appearing regularly in the Calgary Herald's Real Life section, and has been interviewed by CBC Calgary Eyeopener, CBC Canada, City TV's "This City", City TV's Breakfast Television, Best Health Magazine, Glow Magazine, Fast Forward Magazine and Global TV's Health Report. Sarah is also an active contributor for Canada's Impact Magazine and Birthofamother Magazine. Sarah has always had the dream of starting her own private practice and that became a reality when she created Nutrio Nutrition and Wellness Consulting in 2007. Sarah has now joined forces with Andrea Holwegner and is proud to be a part of the Health Stand Nutrition team!

Sarah values her time with her family and friends and also enjoys running, practicing yoga, hiking and playing with her puppy.

It's your **health.**



Take a stand.

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