



NUTRITION CONSULTING INC.

Jana Spindler, BSc, RD

Registered Dietitian

Specialty: Disordered Eating, Emotional Eating & Sports

Fitness enthusiast and lover of all things food, Jana is passionate about helping her clients improve their relationship with food and their body. She is a strong, motivational leader. Jana also offers the balance of a warm, supportive coaching style to nudge her clients from their comfort zone while feeling safe and supported.

Originally from a small town in Nova Scotia, Jana grew up cooking hearty comfort food in the family kitchen and playing any sport she could. Jana moved to the Prairies to study Mechanical Engineering and to play competitive basketball for the University of Saskatchewan. After studying nutrition on the side for some time, she decided to make the switch from engineering and dive into the field of nutrition.



As a high-level athlete, Jana saw firsthand the impact that nutrition can have on sports performance. She tweaked her own nutrition and saw great benefits in her achievements, strength and recovery time. This further sparked her interest in nutrition and learning as much as she could about sports nutrition for athletes and recreational fitness enthusiasts in the gym.

She has experience working in a range of environments including general nutrition and heart health education as a clinical dietitian for neuro-rehab patients. She has also provided nutrition counselling for clients of a personal training facility and worked as a family educator in a childhood obesity prevention program.

As her career progressed, Jana has developed a niche in working with recovering yo-yo dieters, eating disorders and mental health clients. She is a knowledgeable presence who will help complex clients achieve nutrition goals at a pace they are comfortable with. Jana's philosophy focuses on finding the balance between health, fitness, enjoyment of all foods (including her favorite treats of date squares and fresh baked cookies) and body positivity. Jana has a very rare background of being both a sports nutritionist and an eating disorder dietitian. She has a special interest in helping athletes find the balance between using nutrition as their competitive edge and maintaining a healthy relationship with food and their body image.

Jana has a Bachelor of Science in Nutrition from the University of Saskatchewan. She completed her accredited dietetic internship through the Regina Qu'Appelle Health Region. Jana is registered with the College of Dietitians of Alberta and Dietitians of Canada. She is a Certified [Craving Change™](#) Facilitator and has experience working with clients who are engaged in Cognitive Behavioural Therapy and Dialectical Behaviour Therapy.

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Jana continues to be a fitness enthusiast today. She loves hiking, running, biking, basketball and “lifting heavy” things” for fun in the gym. She enjoys chasing her nieces and nephews around, coaching girls basketball and travel. Jana believes in living the healthiest life that you can honestly enjoy!

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