



Registered Dietitian: Kelly Birsen MPH, RD, LD

As your registered dietitian, my goal is to help you sort through and choose the best foods for obtaining your personal goals. Whether it's losing weight or getting ready for a fitness competition, I will help you find the diet that leads you to accomplish these goals. I have an undergraduate degree in dietetics, with a minor in business, and I completed a master's in degree in Public Health.

My professional experience includes working for the US Army as a research dietitian, focusing on studies involving weight loss and gastric by-pass surgery. I have also worked in multiple hospitals with patients who have a variety of medical conditions including heart disease, diabetes, and kidney disease. I am also certified in Adult Weight Management. I am a member of the American Dietetic Association and Sports, Cardiovascular, and Wellness Nutrition.

I also have an extensive background in the fitness industry as an AFAA certified personal trainer and group exercise instructor, and Spinning instructor. I understand the important roles that both nutrition and exercise play in achieving overall health. I am passionate about helping others to obtain an optimal quality of life through the balance of diet and fitness.

- Individualized diet plan designed to help you obtain your goals with your food preferences
- On-going support via email and phone
- Question and answer section on website
- Healthy recipes for meals and snacks
- Suggestions of specific products to enhance the results of your workout