

NUTRITION @ IN MOTION

In Motion is excited to welcome Stefanie Senior, RD to our team as a Registered Dietitian.



Stefanie Senior, RD is one of the leading registered dietitians and sports nutritionists in Toronto. She specializes in weight management, eating for exercise and athletic performance, and corporate wellness. Stefanie is also a professor in food and nutrition at the Centre for Hospitality and Culinary Arts at George Brown College and the in-house dietitian and spokesperson for the CBC Live Right Now campaign. Stefanie is a professional speaker who uses dynamic and interactive seminars to teach simple, powerful and sustainable strategies for achieving optimal health, energy and wellbeing. Stefanie studied dietetics at the University of British Columbia and completed a post-graduate dietetic internship program at Mount Sinai Hospital in Toronto. Stefanie has a unique approach to her practice and provides advice that is realistic, easy to follow and emphasizes stepwise change, balance and flexibility. She is a firm believer that small, gradual changes to an individual's eating and exercising regimen coupled with patience, commitment and a positive attitude can lead to permanent lifestyle change and a happier, healthier and more fulfilling life. In her spare time, Stefanie enjoys being active, cooking, travelling and experiencing the newest restaurants and food trends in Toronto and across the globe. **Stefanie is excited to join the In Motion Team to offer high quality nutrition and weight loss counseling via Skype.**

Start your sessions today by purchasing your services at In Motion and contacting Stefanie @ stefanielsenior@gmail.com to arrange your Skype consults.

PAIN MANAGEMENT | REHABILITATION | WEIGHT LOSS

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