

NUTRITION SOLUTIONS

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Kaela Colvard, MS, RD, LDN



ABOUT

Kaela Colvard is a registered dietitian with a background in sports nutrition and specialization in eating disorders. Kaela has experience working with clients of all ages and athletic-abilities. She works to optimize their athletic potential in relation to nutrition. Kaela's personal interests include improving body image, combatting GI distress and addressing medical nutrition conditions.

Receive Expert Nutritional Guidance on the Following:

- Food Allergies, Intolerance & GI Distress
- Sports Performance
- Injury Prevention & Recovery
- Positive Body Image & Eating Disorder Recovery
- Wellness Nutrition
- Weight Loss & Management

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MEET OUR NUTRITIONIST

Oluremi Famodu, PhD, RDN, CSSD



ABOUT

Remi Famodu, PhD, is a registered dietitian and board-certified specialist in sports nutrition. She has experience working in weight loss and weight management clinics, as well as working with clients needing disease-specific nutrition. Remi's personal interests include performance and wellness nutrition.

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