



# Nutrition Services

## Alissa Palladino

MS, RDN, LD, CPT

Registered Dietitian & Certified Personal Trainer

Alissa is a registered dietitian nutritionist and certified personal trainer based in Atlanta with over eight years of experience. She is passionate about the power of nutrition to optimize health, performance and quality of life.

After graduating from Yale University and working in the education field, Alissa decided to combine her love of teaching and desire to help others with her long-time personal interest in health and wellness by pursuing a career as a dietitian. She earned her Master of Science in Nutrition and Dietetics from New York University and completed her training at Emory Healthcare, where she also worked as a clinical dietitian.

Since 2014, Alissa has worked in a variety of corporate, community, medical and fitness settings with diverse audiences supporting a range of health conditions and goals. As a registered dietitian with Corporate Health Unlimited, she provides one-on-one nutrition counseling and group education both virtually and on-site at CHU managed fitness centers. Her focus areas include sports nutrition, weight management and chronic disease prevention and management.

A veggie lover and avid runner, Alissa is dedicated to helping people work towards their health goals by empowering them with the knowledge, tools and motivation to make positive, sustainable behavior changes. Whether you're seeking to lose weight, improve energy levels, or fuel more optimally for exercise, she is excited to work with you to develop a realistic, individualized action plan.

### Initial Nutrition Consultation (\$175)

Individualized one-hour session tailored to your needs and designed to help you reach your goals. Includes a comprehensive nutrition and health assessment, education, meal planning, support and goal setting

### Follow-Up Consults (\$90)

45-minute session to track progress, fine-tune your plan and provide support. Includes nutrition education, guidance and accountability

### Metabolic Testing (\$150)

Resting Metabolic Rate measurement with MedGem<sup>®</sup> used to determine the amount of calories needed to optimally fuel your body for your weight management and sports performance goals

### Initial Consult + Metabolic Test (\$300)

### Initial Consult + Follow Up (\$250)

These powerful and highly individualized combination of services gives you the information, tools and support to successfully work towards your health goals

*All services can be done either on-site or virtually, except metabolic testing which must be done in person.*

*Schedule your nutrition appointment  
today at [info@corpsports.com](mailto:info@corpsports.com)*