24 November 2020

Join us for a special edition holiday season webinar with Louise!

Louise is an Accredited Practising Dietitian (APD) and Accredited Sports Dietitian. Lou uses the non-diet approach and teaches intuitive and mindful eating. Louise has over 17 years of dietetic experience specialising in maintaining a healthy weight without dieting and having a normal positive relationship with food.

Lou has worked with elite athletes and in high-performance nutrition. Lou's sports experience includes being the Sports Dietitian for the Victorian Institute of Sport (VIS), Australian Swimming Team and the Western Bulldogs Football Club where she worked with the team for 4 years.

Lou and her husband Kim Heta run A-Team Boxing Yoga Dietitian in Werribee where Lou is a boxing Coach & Yoga Teacher. Last year Lou competed as an amateur boxer and won a Silver Medal at the Australian Elite National Boxing Championships.

Click here to register! [2]

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