

HEALTH AND WELLNESS COACH

NUTRITION AND PERSONAL TRAINING

Christine D'Angelo

Christine is a Nutritional Therapy Practitioner (NTP), CrossFit Level 1 and CrossFit Kids Coach, as well as a RYT200 and an ADAPT Health Coach.

After having her third child, Christine began her quest for health through fitness and nutrition. She was always interested in alternative health and medicine and has always explored new avenues of wellness. Through CrossFit and a whole/real food diet, Christine was able to wean herself of all of her headache medications and stop the debilitating migraines that had plagued her since her teen years.

Known among her friends as the 'witch doctor', Christine believes in a whole food approach to nutrition with supplementation to support the body in healing, and overall health. Christine believes that real health can be achieved through a holistic and individualized approach to nutrition and lifestyle. Choosing a nutrient dense, properly prepared, whole food diet will allow you to achieve and maintain an optimal state of health.