



## BRANDON GRUBER

BSc., RD Registered Dietitian / Nutritionist

### Contact:

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### Location:

Kinsmen Sports Centre

9100 Walterdale Hill

Edmonton, Alberta

## About Me

A few years ago, I began distance running. I started to recognize the power that nutrition had over my physical body and how what I ate affected my performance as an athlete. Over time, I also noticed the power that nutrition had over the emotional and psychological aspects of my life as well. These realizations fascinated me to no end and led to an intense desire to pursue a career in nutrition.

Helping people recognize how nutrition is intertwined in their lives and how small changes in their behaviour could have a tremendous impact on their health is what led me to start my dietetics career at Revive Wellness. The Revive Wellness team is like a family to me and I can't imagine being anywhere else. On a daily basis, I get to share my passion with my clients and am fortunate enough to educate other individuals through presentations, panels and other speaking engagements.

## Area(s) of Specialty:

- Plant-based eating (vegetarian, vegan, etc.)
- Recreational and Competitive Athletes
- Meal Planning and Preparation
- Healthy Weight Management
- Eating to Energize



## Revive Wellness Inc.

Revive Wellness has provided evidence-based wellness coaching to individuals and corporations in Western Canada since 2006. At the individual level, we work one-on-one with our clients (or in group settings if preferred) to help them reach their goals. Our approach to wellness focuses on whole body health, encompassing the three key elements to self-care:

### Mindfulness Nutrition Fitness

We are committed to meeting our clients where they are at in their wellness journey, empowering them to engage their mind, fuel and move their body with strategies that produce results. We are committed to improving the mental and physical wellbeing of each and every one of our clients. By using validated strategies along with a proprietary digital program, My Viva Plan<sup>®</sup>, we offer the most comprehensive and customized program in the industry.

We are passionate about what we do and want to help people truly take charge of their health. Edmontonians matter. YOU matter.