



## MALIKA CHANDEL

BSc., PhD, Registered Dietitian / Nutritionist

### Contact:

 780-450-2027

 780-485-5052

 malika@revivewellness.ca

### Location:

The Meadows Community  
Recreation Centre

2704 17 Street  
Edmonton, Alberta

## About Me

My passion for food and nutrition began long before my professional career. Since childhood, I was always passionate about trying new recipes and making healthier versions of traditional recipes. Being from East Indian ethnicity, I grew up in a diverse food culture and learned about many different cuisines. During my research and Ph.D. degree in Foods and Nutrition, I observed how by making small changes to ingredients you can make them more nutritious, which further triggered my passion.

My education in nutrition has empowered me to understand its preventive potential. As a Registered Dietitian/Nutritionist, my ultimate goal is to help people by working with them to create sustainable, practical strategies for a happy, healthy and vibrant life. I also strive to make them feel confident and develop a healthy relationship with food and their body. Needless to say, Revive is an excellent platform by providing evidence-based professional expertise and practical ideas to make good nutrition easier and I am glad to be a part of it.

## Area(s) of Specialty:

- Chronic Disease Management (Diabetes, Heart health, Renal Function)
- Plant-based eating (vegetarian)
- Prenatal and Post-Partum Nutrition
- Nutrition Support During Lactation
- Child Health and Nutrition
- Family Nutrition
- Meal Planning and Preparation
- Healthy Weight Management



## 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.