

Patti Lindstrom, R.D.

Certified Personal Fitness Trainer
Registered Dietician
Certified Personal Fitness Trainer

Education:

Drexel University Philadelphia, PA
Bachelor of Science, Business
Administration
Completion of ADA Approved Plan IV
Program, 1993



Experience:

- Certified Personal Trainer through the American Council on Exercise (A.C.E.)
- 10 years experience as a Registered Dietitian in both inpatient and outpatient facilities. Experienced in counseling clients for weight loss and medical nutrition therapies.

Hobbies and Interests:

- My favorite forms of exercise include running, strength training, spinning, yoga and pilates. I love training for and running marathons. I also enjoy music, gardening, traveling, and chasing after my children.

Quotes and Thoughts:

- Exercise whenever you get the opportunity. Even if your day allows only 25 minutes – DO SOMETHING! It is better then nothing at all.
- When it comes to exercise challenge yourself, it is the only way you are going to get better and stronger.
- Never say “DIET”! Make lifestyle changes that include healthy food choices and regular exercise. All foods fit into a daily diet-moderation is key.