

Lydia Nader, MS, RDN, LDN

Sports Dietitian



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Profile

Lydia is a licensed and registered dietitian nutritionist who specializes in sports nutrition for all active individuals. Her areas of focus are weight loss, body composition changes, fueling for sport, and female health such as amenorrhea and RED-S. She has helped clients achieve a variety of goals including: qualifying for the Olympics, improving race and game day fueling, weight loss, to gaining more energy during a busy lifestyle. She focuses on the individuality, behavior modifications and sustainability of nutrition with her clients. She uses real food to not only build a better individual, but a better lifestyle for sustainable health and happiness.

Education

- Bachelor of Science, Human Nutrition, Ohio State University
- Master of Science, Nutrition and Wellness, Benedictine University