

Celeste Lavallee – Sport Dietitian



Originally from small town Saskatchewan, Celeste moved to Edmonton in 2002. Celeste completed a Bachelor of Science in Nutritional Science at the University of Alberta and then went on to finish a dietic internship in the Capital Health Region to become a Registered Dietitian.

Celeste is certified as a Sports Nutritionist by the International Society of Sport Nutrition and has worked with both recreational and national level athletes. Celeste has also completed Part 1 of the International Olympic Committee's Diploma in Sports Nutrition and is looking to complete this diploma by fall 2009.

Celeste strives to help athletes perform at their best by providing leading-edge nutrition advice based on current evidence. Celeste is a recreational competitive athlete, triathlete, and runner. Celeste is also an avid outdoor enthusiast, enjoying activities ranging from canoeing and backcountry camping to golfing and mountain biking.