

Media Kit:

Kristyn Hall MSc, RD, CBE, MB-EAT-P

Kristyn Hall is a Registered Dietitian & Nutritionist with Energize Nutrition.

Kristyn helps women energize their midlife through the power of nutrition so that they can LIVE. *Better*. She helps clients enjoy and embrace good-tasting food through personalized nutrition coaching, meal planning and healthy cooking classes.

Her clients tell her she is a “different dietitian”. She has completed extensive training in health coaching, mindful eating, and culinary arts, all helping her to find freedom in the kitchen with food.

She believes that the best way to people’s minds is through their stomachs. Kristyn has a breadth of experience in working with corporate clients, organizations, food companies, commodity groups, and media outlets.

Kristyn has consistently been named as one of the Top 10 Dietitians in Calgary and is a Centennial Alumni of Influence by the College of Pharmacy and Nutrition, University of Saskatchewan. She is an active contributor to the Diabetes, Obesity and Cardiovascular Network, Dietitians of Canada, and has received two Volunteer Recognition Awards from this national professional association.

Kristyn believes that all bodies are good bodies, welcoming all bodies exactly as they are. She takes a weight-neutral, empowering approach with her clients, helping them lose their struggle with food so they can gain back their health and reclaim their lives through nutrition and lifestyle.

Kristyn “lives it to lead it”, eating (mostly) nourishing food to fuel an active lifestyle, while saving room for joy foods! She is a mother of two active boys, trying to thrive in her own midlife mayhem.

