**Liz Axelrod, M.B.A., R.D., L.D.N.**

Liz has worked in the health and fitness industry for over a decade. As a registered dietitian, she uses evidence-based strategies to help clients make dietary changes to improve overall health and well-being. As a fitness instructor, Liz truly embodies the concept of health and wellness and emphasizes the important relationship between nutrition and exercise.

Liz’s passion for her work allows her to forge connections and motivate her clients to reach their health and wellness goals. She eagerly shares her expertise in healthy living with clients at every point of their life cycles. Liz believes that everyone can feel better and more energetic by incorporating healthy living strategies into everyday life. Areas of particular interest for Liz include overall wellness, weight loss, sports nutrition, diabetes and gastro-intestinal diseases, prevention of cardiovascular disease, and understanding food allergies.

Liz stays active and healthy by running and cycling, gardening and baking, and experiencing new adventures with her family and friends.

Credentials:

• B.S. in Human Nutrition, minor in Exercise and Fitness

*University of Illinois at Chicago*

• Dietetic Residency, M.B.A. in Healthcare Administration

*Dominican University, River Forest, IL*

• Memberships: Academy of Nutrition and Dietetics, Nutrition Entrepreneurs, Dietitians in Business and Communications, and the Weight Management Dietetic Practice Group.

**The Importance of nutrition on overall health**

Eating a balanced diet is the most vital component of maintaining good overall health.  Food provides us with energy, vitamins, and minerals to live and function properly.  In fact, proper nutrition is so important that heart disease, stroke, hypertension, atherosclerosis, obesity, some forms of cancer, Type 2 diabetes, and other conditions are directly associated with nutrition.  A proper diet and a realistic lifestyle can improve your health and potentially even save your life.

**Corporate Wellness Programs and Services**

Liz Axelrod understands every company is different and has varying reasons for incorporating wellness programs.  As a result, Liz tailors her programs to meet each client’s individual needs.  Regardless of your specifications, Liz provides services in an approachable, realistic, and unintimidating manner.  This approach gets the most out of your e

Workplace Coordination

Working closely with corporations Liz plans and coordinates the planning, implementation, and running of their wellness program. This includes events challenges, wellness screenings, lifestyle management programs, seminars, and other engaging health events that are fun, realistic, and inspire employees to stay on track toward reaching their goals.

Group Nutrition Seminars

Group speaking events can be an efficient way to reach a great number of your employees at once. These “lunch-and-learn” events educate employees about nutrition, health and wellness. Popular topics include: Meal Planning Made Easy, Healthy Holiday Eating, Stress Management, Eating Well on the Road, and Dining Out.

One-on-One Counseling

For various reasons people sometimes need individual assistance to truly begin a transformation into a healthier lifestyle. Liz has significant experience one-on-one counseling with people across the health spectrum from diabetics to people just looking for more energy during the day.

Corporate Menu Review

Do you have a cafeteria or otherwise provide food services to your employees? Liz works will work with your company as well as your food service providers to make sure what is offered is healthy and enjoyable for your employees. If done correctly this alone has the potential to cut your employees daily caloric intake by 25%.

Cooking Demonstrations

Eating in is generally healthier than eating at a restaurant because you can control the ingredients you use. However, if you don’t understand the impact of what you are cooking with the benefit of eating in is lost. Liz provides live cooking demonstrations where employees learn how to cook delicious meals and snacks that are aligned with their specific dietary goals. She will show your employees what ingredients are commonly used that should be avoided and how to avoid them.

Contact Information

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