

Nutrition Checkup, LLC

Nutrition Services by Registered Dietitian

Heather Rae Mangieri, MS, RD, CSSD, LDN

Heather R Mangieri is a nationally recognized registered dietitian and Pennsylvania licensed Nutritionist with over 12 years of professional experience in the field of wellness and nutrition. She is board certified in Sports Dietetics and holds an additional certificate of training in adult weight management. Her background is diverse including work in health clubs, hospitals, nursing homes, long-term acute care settings, education and research. Her client base has ranged extensively, from those considering gastric bypass to athletes looking to optimize their sport performance. This wide range of experience gave Heather the opportunity to start her private practice, *Nutrition Checkup, LLC*, with the confidence to handle whatever potential client emerges.

As a national media spokesperson for the American Dietetic Association, Heather is often found quoted as a trusted source of nutrition information. Her love of writing sparked her most recent position as a contributing writer and editor at SuperKids Nutrition (www.superkidsnutrition.com) and she is currently working on more freelance writing opportunities.

Aside from writing, speaking and counseling, Heather is also an educator. Currently, she is part-time faculty at Chatham University in the Department of Exercise Science where she teaches *nutrition & exercise* and *wellness* classes and she is adjunct faculty at Carlow University instructing nutrition to the UPMC School of Nursing Students.

Active in many professional organizations, Heather is currently the president of the Pittsburgh Dietetic Association and is on the leadership team for the Sports, Cardiovascular and Wellness Nutrition dietetic practice group and the Pennsylvania Dietetic Association. Further, she is an active member of both the American Dietetic Association and the American College of Sports Medicine.

Heather hopes to reach out to groups and those looking for health promotion & disease prevention. While she is qualified to help individuals change their eating habits for medical reasons, she hopes to reach those looking to improve their life through healthy eating and physical activity.



Heather Can lend her expertise in the following areas:

- *Weight Management
- *Sports Dietetics/Nutrition
- *General Nutrition & Wellness
- *Medical Nutrition Therapy
- *Fad Diets
- *Ocular Nutrition

***Recognized as the 2008
Young Dietitian of the Year
in Pennsylvania by the
American Dietetic
Association***

Sports Nutrition Checkup

A Division of Nutrition Checkup, LLC

Heather's passion is sports nutrition and helping athletes improve performance by fueling their body with the proper nutrients and meal timing.

Active individuals find a consultation with a Registered Dietitian that specializes in Sports Dietetics extremely helpful for a number of reasons. The following are a few topics that Heather has covered with clients in the past:

- ✔ Confusion about fad diets
- ✔ Fatigue or frustration with poor energy levels
- ✔ Proper Hydration techniques
- ✔ Optimizing intake for sports specific training
- ✔ Nutrition supplement questions/advice
- ✔ Mixing medical nutrition therapy with a diet for sport training
- ✔ Healthy eating
- ✔ Fueling for optimize your performance

A Sports Nutrition Checkup can help you:

- Improve Performance*
- Reach Quicker Recovery Times*
- Eliminate Fad Diet Confusion*
- Reduce Fatigue*
- Maximize Health*
- Increase Education of Special Diets*

"The information provided by Heather Mangieri really helped me to make better food choices and to be more aware of the types and amounts of food that I should eat when I am training for speed skating and soccer. I now make an effort to eat better, more often, and with the food choices that represent all of the food groups."

*Natalia Watlaf
Speedskater and soccer player*

"She broke down my diet into the smallest details for each meal and told me what I can eat instead of what I can't. She delivers a mountain of information for anyone that wants to live a healthy life, whether you're an athlete or the average Joe. Highly recommended!"

*Brent Davis
United States Marine Corp Vet.,
Lacrosse Coach*



NUTRITION CHECKUP, LLC
SPORTS NUTRITION SERVICES

815 Ponderosa Drive • Imperial, PA 15126

T: 412.445.9036

F: 724.695.3138

heather@nutritioncheckup.com

www.nutritioncheckup.com