

Cari Culp, R.D.

Understanding.

Cari Culp is convinced that small steps can lead to big results. When she helps you improve your nutrition and health, she takes a whole-person, holistic approach based on understanding the connections between what you eat and how you feel. Every person's journey is different, so Cari will partner with you to take those small steps that fit into your lifestyle...but lead to change that is sustainable given what's unique about you, your family, your tastes, your schedule, and your budget.

Down to earth.

Cari rarely recommends anything that she hasn't tried herself—she really practices what she preaches! Clients often describe her as down to earth, with a great sense of humor and practical suggestions. She believes that the first step in resolving virtually every health concern is focusing on nutrition, and she shares her knowledge about the power of real, quality foods to help us feel better.

That said, she understands that not every meal can be perfect. "Sometimes, even when we are doing our best, we eat something we're not proud of," Cari says, "but it's what we do *most of the time* that makes a difference. The 'most of the time' choices are what I like to help my clients focus on!"

Resourceful.

In order to help you get good nutrition that suits and satisfies your body, Cari will share countless delicious, nutritious recipes with you and help you with any substitutions or preferences you need to make. A regular mindfulness practitioner, she will help you develop techniques for becoming more mindful about food, resulting in more nutritious food choices and less mindless noshing. Cari wants for you to see healthy eating as a way of life, so she will partner with you to adjust the way you think about food so that healthy eating becomes instinctive for you.

Knowledgeable.

- B.S. in nutrition from Appalachian State University
- M.S. in nutrition from Appalachian State University
- Member, The Academy of Nutrition and Dietetics
 - Dietitians in Complementary and Alternative Medicine practice group
 - Sports Dietetics practice group

Trusted.

Prior to joining Christie RD, Cari worked as the Clinical Nutrition Manager for Hugh Chatham Memorial Hospital, taught nutrition courses at Appalachian State University, and worked in employee wellness and health coaching. Before pursuing her career in dietetics—including an internship with Christie RD—she taught Pilates and remains a certified Pilates instructor.

Real.

Cari fills her own life with healthful meals and activities, showing by example that it is possible to make good choices even when your life is busy! When she's not at work, she loves trying new healthy recipes and cooking for her family, playing with her two young sons, practicing yoga, and being active outdoors.