

## Casey Gall

Casey is a Graduate Dietitian specialized in sport nutrition and holistic health & wellness. Her passion for sport nutrition emerged from her broad background in sports including; hockey, volleyball, golf, soccer, basketball, and track and field. She graduated with a Bachelors of Science in Human Nutritional Sciences from the University of Manitoba in 2017, and later went on to complete a 10-month full-time internship to become a registered dietitian. During her internship, Casey received mentorship and hands-on training from over 15 Registered Dietitians. Casey has worked with several types of athletes of all ages including hockey players, ultra-marathon runners, weight class competitors, and weekend warriors.

