

FocusNYC

Cori C. Registered Dietitian (RDN)

Cori is our nutritionist. A certified RDN with years of experience working alongside trainers, she is uniquely qualified to help people reach their individual health and wellness goals with customized nutrition plans and the healthy lifestyle counseling needed to make lasting changes.

Over a decade ago, Cori was working in Midtown Manhattan doing something completely different: She was the production coordinator for a fashion accessory company. But she soon realized (and embraced) her true passion for helping others achieve wellness. As such, her career path took a new and very different turn. She returned to school and earned degrees in nutrition from Queens College and LIU C.W. Post, and has since counseled a large and very diverse population of individuals.

Cori takes a highly personalized approach to nutrition counseling, valuing each individual's unique story and tailoring his/her plan to meet specific needs. She has helped many people reach their weight and body composition goals, find more energy to enjoy their lives, significantly improve blood sugar and cardiac markers, manage IBS and IBD, navigate life with Celiac disease, and improve their overall health. She is a strong believer in the healing power of food and the undeniable connection between healthy lifestyle and quality of life. As such, she emphasizes mindful eating, meditation, positive mindset and purposeful movement, and finds it extremely gratifying to make a positive difference in the way her clients look and feel.

Education

B.S. University of Delaware
Long Island University, C.W. Post Campus-Dietetic Internship, Dietetics
Queens College, City University of New York-DPD certification, Dietetics

Certifications

CPR/AED/First Aid Certified

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Strength Training and Heart Health (Meaghan Shea, MA, CSCS, MES, Brent Carter, BS, CSCS, MES)

Orthopedic Aspects of Triathlon Injuries (Dr. Mark Klion, MD)

Low Impact Training for Sedentary Populations (Will Brown)