



SADIE E. ROBINSON, M.Ed., NASM, CPT

Health & Nutrition Therapist

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PRIMARY PRACTICE AREAS:

- Weight Loss
- ADHD
- Autoimmune Disorders
- Depression
- Diabetes (Type I & Type II)
- Energy Management
- Insomnia
- Mind Clarity

LICENSURE & CERTIFICATIONS

- National Academy of Sports Medicine, Certified Personal Trainer
- CPR/AED, Adult and Child

THERAPUTIC PHILOSOPHY

Although, there are some fundamental truths applicable to all, I do not use a “one size fits all” approach. How each person chooses to eat and how their body responds to what they eat is different. It is my job to help clients learn to listen to their body. I also work diligently to teach clients how to eat so that their bodies are given the opportunity to repair, restore, and thrive, the way they were created to.

ABOUT ME

With more than 20 years of experience in the Health and Wellness Industry, I am passionate about helping others learn the profound significance diet and nutrition have on our total body health and livelihood. I am a life-long learner and have a Bachelor of Arts in Business Administration from Spring Arbor University and a Master of Education from Grand Valley State University. What started out as a passion for the group exercise world has evolved over the years to encompass certifications in Kickboxing, Personal Training, Spinning, and a constant pursuit of education through various coursework, as it pertains to health and nutrition.

This learning coupled with my client’s struggles to lose weight, even when exercising, prompted me to “dive in” to the world of nutrition, where I have come to understand the profound significance diet and nutrition have on weight loss, overall health and livelihood. I have spent countless hours studying and filtering through the substantial marketing nonsense and faulty recommendations that we are being conditioned to believe is “healthy,” in order to equip my clients with evidence based health and nutrition therapy that will enhance their overall quality of life. ADHD, anxiety, cancer, depression, lack of energy, diabetes, autoimmune disorders, forgetfulness, lack of mental clarity, insomnia, just to name a few, have all been proven to positively respond to nutrition therapy. According to the Journal of American Medical Association, 13% of the U.S. Population are prescribed an anti depressant. This number has increased by 89% from 1999, when only 6.8% of the population. The Center for Disease Control refers to a study done by the Mayo Clinic and Olmsted Medical Center, stating that almost 70% of Americans take at least 1 prescription and more than half of the population take 2. Understanding just how sick our society is and that fitness is only one small piece of the puzzle, propelled me to begin seeing clients, specifically addressing health concerns through the lens of diet and nutrition.

On a more personal note, I have been married for 14 years to the man of my dreams and have four amazing children. I continue to teach a variety of group exercise classes and in my very rare spare time, I enjoy shopping, pedicures, and reading.

INSPIRATIONAL QUOTES

- NOTHING IS IMPOSSIBLE | The word itself says I’M POSSIBLE. ~ Audrey Hepburn
- The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning. ~ Lamentations 3:22-23