



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT



Courtney Coe MS, RDN, LDN, CSCS

Nutrition Services

- Optimize workouts and fitness goals
- Improve overall health and wellness
- Weight management
- Sports performance

Initial Nutrition Consultation \$60/resident; \$75/non-resident

- 60 minute consultation
- Review of initial visit questionnaire
- Personalized recommendations to attain health goals

Follow-Up Visits \$23/resident; \$28/non-resident

- 30 minutes
- Review of recommendations set in initial visit and changes

Email for appointment
courtney.coe@ketteringoh.org

Kettering Recreation Complex
2900 Glengarry Drive
Kettering, OH 45429



Courtney Coe

A warm welcome to Courtney Coe, who has recently joined our fitness staff! Courtney is a registered dietitian nutritionist and a certified strength and conditioning specialist.

"Since high school, I knew I wanted to combine my love for fitness, nutrition and helping others into my career," Courtney said. "Being a dietitian and certified strength and conditioning specialist allows me to do all of this!"

"Through my experience as an athlete playing volleyball and basketball in high school, and running in college, I fell in love with helping athletes and active people reach their goals through nutrition and fitness. I went to Olivet Nazarene University and acquired my bachelor's degree in dietetics. I also ran track for Olivet! From there, I went to Grand Valley State University in Grand Rapids, Michigan to acquire my Master's degree in dietetics.

I am originally from Holland, Michigan and have since moved to Ohio after getting married. I love spending time in the sunshine, weight lifting with my husband and anything to do with Christmas! Helping my clients become the best version of themselves through nutrition and overall healthy living is my passion, and I can't wait to walk alongside you throughout the process!"

Here's what to expect when you book an appointment with Courtney:

- Your first visit will be a 60-minute Initial Nutrition Consultation. Courtney will review the initial visit questionnaire with you and make personalized recommendations to help you attain your health goals.
- Follow-up visits are 30 minutes long. You'll review Courtney's recommendations set in initial visit and any changes.

Consulting with a nutritionist can help you optimize workouts and fitness goals, improve your overall health and wellness, assist with weight management and improve sports performance.

All are welcome to make an appointment. We're excited to be one of the very few fitness centers to offer registered dietitian services onsite. Email Courtney to book your session!