



Accredited  
Practising  
Dietitian

## *Merita Elshani*

### Bachelor of Nutrition and Dietetics (Hons)

Merita is an energetic and highly skilled, registered, Accredited Practising Dietitian with Dietetics Australia. Merita's previous dietetics experience was earned in hospitals and clinics. She is passionate about living a vibrant life and is full of ideas to help patients achieve their living and wellbeing goals. She works with adults and children of all ages and is currently leading an exciting new program to assist pre and postnatal mums recover, find balance and lead a healthy life.

Merita's philosophy is focused on her role as a clinician to help guide her clients with the tools and resources to shape a positive lifestyle through proven techniques. Merita believes in reaching for one's full potential, wherever they may find themselves and has previously worked as the Queensland State Gymnastics Coach.

When not at Nexus CAP, Merita continues to train herself and also personal train others to help them reach their goals and feel their best in her capacity of a personal trainer and crossfit coach.

#### Areas of interest include:

- Improving Health & Wellbeing
- Integration of Healthy Habits
- Cardiovascular Disease Prevention
- Pre & Postnatal Dietary Management
- Weight management in Mental Health Patients
- Developing strategies to support a better quality of life

#### Qualifications

- Bachelor of Nutrition & Dietetics (Honours) - QUT
- Gymnastics Australia Advanced Coach

#### Professional Memberships

- Dietetics Australia
- Gymnastics Australia



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To learn more about Nexus CAP, or how Merita can support you, please contact:

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