

www.vickerywellness.com

Courtney Vickery

DIETITIAN & CERTIFIED
INTUITIVE EATING COUNSELOR

MEDIA KIT

Hi. I'm Courtney

REGISTERED DIETITIAN NUTRITIONIST

Hi! I'm Courtney. As a dietitian and certified intuitive eating counselor, I work to help others find peace and balance with food and their bodies. My own journey with food and weight has been one of ups and downs, but through it all I've learned that there is no one right way to eat or live.

I founded my nutrition private practice, Vickery Wellness, to help others find the same non-judgmental, weight inclusive approach to health that helped me recover from my own struggles with disordered eating. When we can let go of the idea that there's only one right way to be healthy or look a certain way, we open ourselves up to limitless possibilities for happiness and self-care



BA, Political Science | BS, Dietetics | MS Foods & Nutrition

Registered Dietitian
Certified Intuitive Eating Counselor
Yoga Teacher

Cycle Instructor
Group Fitness Instructor
Part-time University Instructor



I CAN TALK ABOUT...

Nutrition, Body Image & Eating Disorders

- ✓ Favorite food products based on nutrient focus (i.e., favorite protein bars, etc.)
- ✓ How to incorporate more fruits and vegetables into each day without obsessing
- ✓ How to take a weight neutral & Intuitive Eating approach to your health and nutrition
- ✓ How to practice body neutrality instead of hating your body OR "toxic body positivity"
- ✓ How to support a loved one who is currently in eating disorder recovery



AS SEEN IN

healthline

**VITAL
PROTEINS**

mindbodygreen

**VOYAGE
ATLANTA**

Client Testimonials

“

“Courtney offers judgement free, honest, science-backed guidance on how to build a healthy lifestyle without feeling overwhelmed or not good enough.”

K.M.

“

“I would not be where I am today without Courtney’s guidance and expertise, and for this I am incredibly grateful.”

C.R.



MY MISSION

As the owner of Vickery Wellness, I am committed to providing an anti-diet and weight-inclusive approach to nutrition with care, understanding, and thoughtfulness.

I strive to provide these services in a space that is inclusive, diverse, equitable, safe for all, and non-judgmental.

As part of this commitment, I make monthly donations to Diversify Dietetics and fully support their mission to “increase the racial and ethnic diversity in the field of nutrition by empowering nutrition leaders of color.”



courtney@vickerywellness.com
vickerywellness.com



GET IN TOUCH

I would love to see if I am a good fit for your next article, blog post or podcast episode.

Reach out today and let's chat!

Courtney