

Adena Neglia MS, RDN, CDN - Sports Nutritionist

# Human Performance Series

*Adena Neglia MS,  
RDN, CDN  
(Sports Nutritionist)*

*Saturday,  
May 22, 2021,  
at 1:00 pm ET*

## Sports Nutrition

Exercise is King.  
Nutrition is Queen.  
Put them together and you've  
got a KINGDOM!

- JACK LALANNE

Adena is a registered dietitian and former competitive figure skater. She graduated from Long Island University with a Bachelor of Science in Nutrition and received her Master's degree in Nutrition Education from Columbia University. She is a non-diet dietitian who helps clients to establish a healthy relationship with food and their body through mindful and intuitive eating.

Adena has worked in private practice the last eight years specializing in sports nutrition, eating disorders, and disordered eating. In addition, she created and managed a corporate wellness

account for several years before becoming the senior multi-ambulatory dietitian at Mount Sinai. In 2018, she joined Mount Sinai's Performance 360 program as the Director of Nutrition to oversee their nutrition program and help athletes meet their highest potential.

She works with all types of athletes in both the individual and team setting and currently consults for the Brooklyn Nets, NY Liberty, and NJ Devils.