



# *Patti Kuhlman*

Director of Sports Nutrition



## *Education and Certifications:*

- B.S. Health & Physical Education, West Chester University
- M.Ed., Temple University
- Graduate Assistantship in Nutrition Sciences, Temple University
- Certified Sports Nutritionist, ISSN

## *Professional Experience:*

- Exercise Physiologist, Pritikin Longevity Center
- Exercise Specialist, Montgomery Hospital Wellness Center
- Exercise Specialist, Holy Redeemer Hospital
- Exercise Specialist, Medi-Fitness

## *Philosophy:*

Patti believes that a large amount of confusion exists for the athlete who receives mixed messages and inaccurate information. Patti teaches athletes to make practical sense of eating and encourages all athletes to realize that nutrition habits learned as young athletes affects sport performance but also lays the foundation for optimal health later in life.

## *Personal Information:*

Patti, a mother of four children, is an accomplished all-American high school and collegiate athlete. Patti was also a member of the women's national water polo team and trained in the Olympic trials. Patti continues to compete as a road race cyclist, tri-athlete and open water swimmer.