



# AMY

*I chose the Y for the amazing amenities that it provides the community. It is a great place for families to live healthier lives.*

## Amy Ferrelli

### About Me

I am a Registered Dietitian and has a passion for food and physiology. I received my degree in Health Science through Rutgers University. Through internships and work experiences, I've developed a knowledge of a variety of dietetic issues, such as weight loss, diabetes, cardiovascular health, and much more. With the firm belief that health is centered in mind, body, and spirit, my promise is that you will feel accepted and respected. As a wife and mother, I understand how busy life can be, and will help you reach your goals in a way that will fit your schedule.

### Certifications

I became a Registered Dietitian (RD) after passing the Commission on Dietetic Registration test in 2016. I am also licensed in the state of North Carolina to practice Medical Nutrition Therapy, a more in-depth level of dietetics.

### Specializations

- In addition to counseling at the Y, I practice dietetics in Geriatrics at a Rehab center, but also had experience counseling at a local Diabetes Center in Gastonia. Other experiences in dietetics include renal failure, cardiovascular health, various gut issues, and much more.

### Biggest Result with a Client

It is hard for me to point out a "biggest result" as a Dietitian. I consider it a victory when a client reaches his or her goal, no matter how small.

### How would I define my counseling style

Providing an understanding atmosphere, where we take small steps to effectively reach your goals.

### Favorite Meal

Pasta Primavera

## MY Y STORY

I chose the Y for the amazing amenities that it provides the community. It is a great place for families to live healthier lives. I stay for the close knit environment and the amazing people that make it up.