

Meet our

Metabolic Health Practitioners

ANTHEA LEE - BSC (HONS), M NUTR DIET ADV DIP COUNS

Anthea is a qualified food scientist (University of NSW), dietitian (University of Sydney), sports dietitian (Australian Institute of Sport) and counsellor (Australian Institute of Family Counselling).



Since graduating in 2002 as a dietitian, Anthea has been working with Life First as a dietitian, then later as a health coach so is experienced with the executive lifestyle and the challenges faced.

She also works as a nutrition service provider to the NSW Institute of Sport and local sporting associations, and is a seminar presenter for other organisations.

In addition to her enjoyment of working alongside clients to support them in their health goals, Anthea enjoys spending time with her young family.

ELLIE THOMPSON

Ellie is an Accredited Practising Dietitian (BSc/MND, USYD) and an Accredited Health & Wellness Coach (HCANZA) who utilises a client-centred approach to help people live their best lives.



This enables clients to feel empowered to make sustainable, long-term changes to improve their overall health and nutrition.

Ellie has had a love of food since a young age, which together with an interest in science, led her into the area of Dietetics and health coaching. In her spare time, you will find her in the kitchen experimenting with recipes and modifying them to suit different dietary needs, including her own.

Ellie has always been interested in the importance of food in everyday life. From the social experiences that revolve around food to the important role it plays in fuelling your body to function at its best. Ellie has experience working with clients in areas such as diabetes, weight loss, cardiovascular disease, gut health as well as nutrition and lifestyle coaching.