



Nancy Adler is a certified nutritionist and fitness professional with accreditations in C.F.T. (Certified Fitness Trainer), S.S.N. (Specialist in Sports Nutrition) and S.S.C. (Specific Sports Conditioning). She helps regular people learn the best way to eat. Nancy has also worked with professional and amateur athletes of all ages to improve their sports performance.

With more than 17 years of expertise and her impeccable reputation, she was named the Nutrition Editor of The Boardwalk Journal. Nancy can be heard on Barbara Altman's Front Porch radio program, Ed Hitzel's radio program Table for One, now Table for Two with Joe Massaglia . A six year run on Better Living with Adrienne on NBC TV 40. She is a regular contributor on the subject of nutrition to Atlantic County Magazine, Ed Hitzel's Restaurant Magazine, Go Jane News online magazine and Mainland Life Magazine. Nancy had a nutritional consulting business in Linwood where she sees clients for weight loss, diabetes, high blood pressure along with nutritional deficiencies. Nancy is also the head nutritionist for a child obesity clinic.