



Cavaliere
adele
Founder of Nutri-School™ & Nutri-Wellness Living™

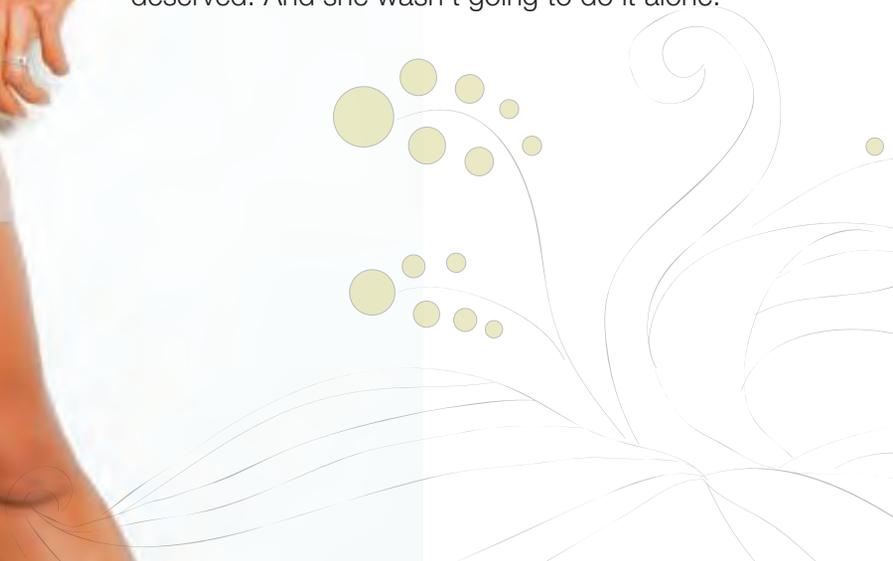
Celebrity/Pro-Athlete & Holistic Nutritionist
Elite Fitness Trainer & Life Coach
Nutri-School & Nutri-Wellness Founder
adele@adelecavaliere.com
647 308 6382
www.adelecavaliere.com



Adele Cavaliere

Adele Cavaliere is a celebrity nutritionist, published author, elite trainer, certified life coach, sports nutrition teacher for the Canadian School of Natural Nutrition and the founder Nutri-Wellness Inc. and Nutri-school. But this dynamic woman, mom, entrepreneur and fitness guru is also so much more.

Like many, Adele's story of transformation began when after years of struggling with personal challenges she found herself overweight, depressed, lethargic, and unable to recognize the woman she had become. Determined to unleash the extraordinary woman she knew still existed inside her, Adele made the decision to change her life and embrace future she knew she deserved. And she wasn't going to do it alone.

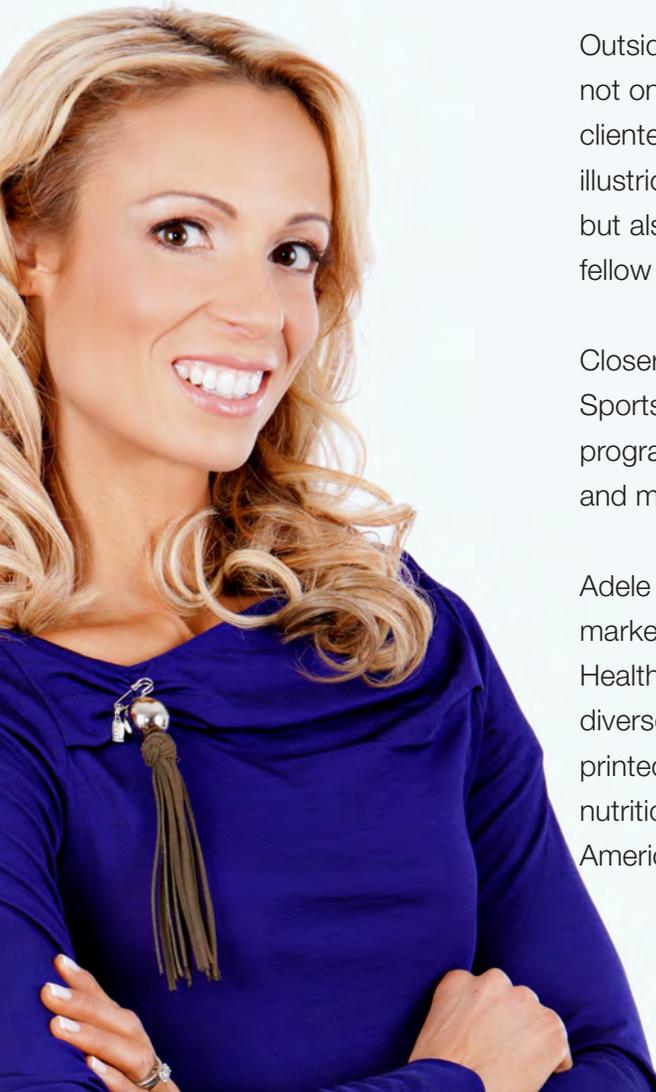




With an unwavering desire to help other who, like her, wanted to take back control of their health and happiness, Adele founded her first successful wellness company, Meta-Body Inc. in 2006, and then her second business venture, Nutri-Wellnes Inc, in 2014. Through her team of qualified nutritionists and coaches, she has and continues to change the lives of countless followers across North America.

Never the entrepreneur, Adele is continually expanding her fitness empire. MetaBody Inc.'s exclusive Fitness Pass revolutionized the way people work out through partnerships with over 900 of the top fitness studios across North America, giving clients access to diverse workouts at locations convenient for them. Teaming up with the popular group buying site Groupon has introduced Adele's unique philosophy to thousands of people, a fact reflected in the MetaBody Bootcamp membership reaching an incredible 50,000 members across a number of major metropolitan areas, mainly Toronto, Vancouver, Calgary, and Miami.





The
**NUTRITIONIST/
WRITER/
TEACHER**

students, new graduates, and veteran health and wellness professionals build and lucrative practice and become leaders in a competitive industry. Bringing her holistic approach to business into this extensive curriculum, students are armed with the practical tools they need while being inspired to dream big and create a business, and life, full of passion and purpose.

Outside of the classroom, Adele further extends her expertise not only as leading nutritionist to the celebrity and pro-athlete clientele of some of the hottest fitness clubs, including the illustrious Equinox club in South Beach and New York City; but also as teacher by offering her Nutri-School curriculum to fellow trainers and nutritionists at these elite centers.

Closer to home, she also serves as the Lead Nutritionist for TK Sports Performance Centers, creating custom nutrition programs, and sports/retreat training camps for professionals and minor athletes.

Adele has also brought her knowledge to the commercial market by creating a custom line of menu plans for lovate Health Sciences. These menus, designed to address a diverse range of health and fitness needs and goals, were printed and distributed in the boxes of their popular line of nutritional and performance supplements across North America.

The
**SPOKESPERSON/
MOTIVATIONAL
SPEAKER**



Adele

has become a spokesperson for fitness for the young, the old and anyone in between. Audiences connect with her relatable personal struggle while her infectious energy engages and inspires both men and woman alike. Fans and newcomers alike understand that Adele has dedicated her life to helping people achieve a happy and healthy heart, body and spirit, while always keeping their best interests in mind.

Adele's success stories have been reviewed in some of the most well-known national fitness publications, including Oxygen, Men's Health, Fitness Rx for Women, Shape, Muscle & Fitness, and numerous others. She has also worked alongside MuscleTech as their Nutritionist and Diet/Fitness Associate, putting her vast knowledge to work transforming thousands of lives.

Adele is a much sought after speaker and industry expert. She helped thousands as a resident health expert on Rogers TV, hosting popular Q&A sessions for viewers as well as showcasing real life transformations. She is also requested to speak and instruct at numerous health and wellness retreats across the globe, often working in collaboration with high profile personalities, including celebrity Personal Trainer and Ex NFL Player Marc Megna.