



Lesli Koskela, RD, LDN, CLT, cWC is the president and founder of Harmonic Nutrition & Wellness, LLC.

In her work, Lesli takes a highly personalized, non-diet approach to empower her clients in achieving a balanced and healthy approach to life, food and exercise.

Lesli has multiple practice specializations including: Health & wellness coaching, pediatric & adult disordered eating, intuitive-eating for long-term weight management, food intolerance testing and management, and DNA-based nutrition programs.

Lesli has a wide range of experience with over twenty years as a registered dietitian working in health-care. She worked as a clinical dietitian at Northwestern Memorial Hospital in Chicago with an emphasis on corporate wellness, eating disorders, oncology & spinal cord injury nutrition with over a decade of experience as a corporate executive in the pharmaceutical industry.

In addition to meeting all licensing requirements for the American Dietetic Association and the state of Illinois, Lesli has specialized training with the following organizations:

- Wellcoaches® Professional Coach designation (completion date: 7/12)
- Certified Food Intolerance & Sensitivity Specialist: Signet, Inc.
- Licensed Wellness Coach: Wellcoaches®, Inc. (The American College of Sports Medicine)
- Licensed Workshop Facilitator: “Am I Hungry?”® Mindful Eating Program
- The Center For Mindful Eating: Duke Integrative Mindful Eating/Certification
- Polycystic Ovarian Syndrome Provider Group & Speakers Bureau: InCYST
- Certified Pediatric Weight Management Provider: American Dietetic Association
- Licensed Food Allergy Specialist: Protect Allergic Children® (Eat, Learn, Live, Inc.)

Additional Professional Affiliations

- American Dietetic Association
- American College of Sports Medicine
- The Institute of Lifestyle Medicine
- The Center For Mindful Eating
- Binge Eating Disorder Association

Active Professional Dietetic Practice Groups (ADA Subgroups)

- Medical Nutrition Therapists
- Cardiovascular and Wellness
- Sports and Cardiovascular Nutrition

- Dietitians in Functional Medicine
- Nutrition Entrepreneurs
- Eating Disorders
- Adult & Pediatric Weight Management
- Women's Health

Education & Post-Graduate Dietetic Internship

- M.B.A. Candidate: Masters in Business Administration (Global Business)
Lake Forest Graduate School of Business (2012)
- B.S. Clinical Nutrition & Dietetics - Central Michigan University
- B.A.A. Health Fitness Promotion in Hospital & Corporate Settings
Central Michigan University
- Post Graduate Dietetic Internship (1 year): Cook County Hospital (ICU & Burn Nutrition Specialty)

Personal

Lesli resides in Long Grove, Illinois with her husband and two school-aged children. She is an avid fitness enthusiast and enjoys many sports including: tennis, weight training, hiking and Pilates. Her favorite pastime is hiking in the Colorado Rockies each summer with her family.

