

A provider by your side



Chad Knutson, RD
Registered Dietitian,
Health & Wellness Coach



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Brookfield, WI 53005

Nutrition, Exercise, Lifestyle Change

Board Certifications, Fellowships or Degrees:

Bachelor of Science - Exercise and Sports Science
Bachelor of Science - Dietetics

Undergraduate:

University of Wisconsin - LaCrosse
University of Wisconsin - Madison

My Philosophy of Care:

Everyone's health situation and needs are unique, therefore my philosophy of care centers around these ideas:

1. Nutrition should be personalized and based around sustainable, enjoyable choices.
2. Knowledge is power. I hope to help educate about nutrition, exercise and health in ways that help breakdown complex health topics into actionable and manageable steps.
3. Fitness is not just about the gym. Ideally we find ways to incorporate movement into our daily routine and make it a lifestyle.

I like to use outcome-based decisions to help clients make sustainable, small habits that over time that can lead to significant health and lifestyle change.

Clinical Interests:

Diabetes Management, Nutrition, Weight Management

Personal Interests:

Exercise, read, listen to music and podcasts, play sports with the kids, spend time with my wife and travel when we have the opportunity. This won't win me many points, but I am from Minnesota and a Minnesota sports fan so I cheer for the rival Minnesota Vikings.

Patient ages: Ages 16 and up



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visit my.marathon.health

