



Theresa DeLorenzo, DCN, RD

**Owner and Founder
Nutrition for Optimal Performance
Waterford, New York**

Dr. Theresa DeLorenzo has been a Registered Dietitian (RD) since 2001. She received her bachelor of science degree in food science and dietetics from the University of Rhode Island and her master of science and doctorate of clinical nutrition degrees from the University of Medicine and Dentistry of New Jersey. She serves as the program director at Logan University as Director of Master of Science in Nutrition and Human Performance and the Master of Science in Applied Nutrition and Dietetics. As owner and founder of Nutrition for Optimal Performance, Dr. DeLorenzo works with athletes to help them to make sure they are eating the correct proportion of macro- and micronutrients to perform their best, come up with a race day nutrition and hydration plan to feel and race as good as possible, improve their gastrointestinal health and improve their body image. Dr. DeLorenzo is a 200-hour trained yoga teacher and holds a certification in yoga therapy with an emphasis on improving body image. She uses yoga therapy as adjunctive therapy for clients with anxiety, body dysmorphia and pain and teaches aerial yoga classes in her home yoga studio. She is currently working on a somatic movement therapy certification. Dr. DeLorenzo is a former gymnast and diver and currently spends her spare time running and training for the next marathon while also staying flexible with her own yoga practice. While not working or exercising, you will find Dr. DeLorenzo cooking or creating a new recipe.