

# HEALTHY ROLE

## OPPORTUNITIES GROW FOR SPECIALISTS

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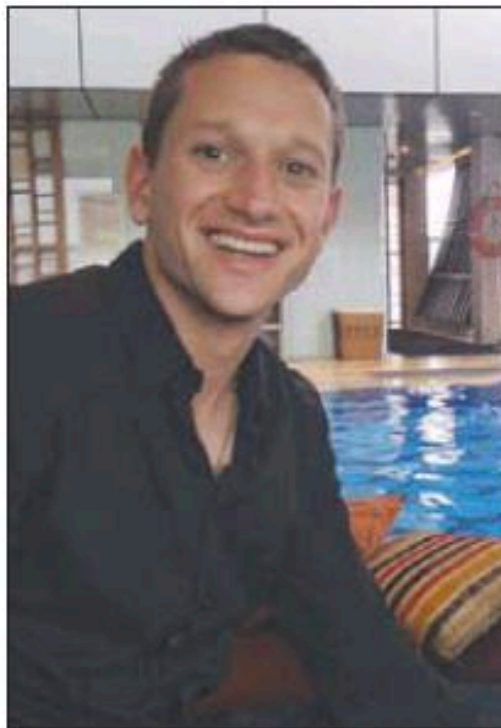
### Ida Chionh

WITH the community being more aware of health and nutrition these days, there is an increasing interest in these issues, leading to a growing demand for specialists in these fields.

Deakin University has nutrition and dietetics courses which provide the knowledge and skills to work in a range of occupations in private, business or community settings.

It also offers online nutrition courses, including public health nutrition and human nutrition.

Nutritionist and dietitian Robert Haala of Nutrition For Life completed a Bachelor of Applied Science with majors in nutrition and exercise science at Deakin



**Nutritionist Robert Haala**

University

He also completed the Bachelor of Nutrition and Dietetics at Monash University. Both degrees require completion of VCE at a high level.

“I love my role as a nutritionist/dietitian,” Robert Haala said.

“I see my role as working closely with individuals to improve their health and quality of life through modifications to their diet and also their lifestyle in general.

“I take the time to understand their individual challenges and then formulate a personalised plan with them to achieve their goals, educating and upskilling them along the way.”

Nutritionists work in a large range of areas, from individual and group consultations to advising food companies or government departments, to working with athletes to optimise their performance.