

# Bailey Toupin

## Registered Dietitian at RebalanceMD

### Optimizing Health and Wellbeing for Patients

Originally from Calgary, Alberta, Bailey graduated in 2013 from the University of Prince Edward Island (UPEI) with a Bachelor of Science, majoring in Food and Nutrition. In addition to her studies, Bailey played for the UPEI Women's Varsity Hockey Team in the Canadian Interuniversity Sport (CIS). Following graduation, she completed her internship working with numerous populations in various locations across Canada. After finishing her Dietetic internship, she moved to Victoria and accepted a position as a Registered Dietitian with Island Health. Bailey has experience in a variety of settings including rehabilitation, orthopedics, medicine, surgery, cardiology, and intensive care.

In addition to her love for food and cooking, Bailey remains an avid athlete, competing internationally in soccer and marathons as well as recreationally biking, swimming, and kayaking.

Bailey is passionate about helping others meet their nutrition goals, improve their health, and have increased energy to enjoy a healthy, balanced life.

## Dietitian Services

Increasing evidence suggests that both preoperative obesity and malnutrition lead to more complications and poorer outcomes post operatively. Bailey is dedicated to providing practical and sound nutrition advice that will empower patients to meet their weight and nutrition goals. She will be offering one-on-one counseling to help with weight loss, bone health, and general healthy eating.

**Starting hours will be Mondays and Tuesdays from 4:30 p.m. – 7:30 p.m.**

**Please book by contacting the Physiotherapy Department at RebalanceMD (250-940-4444 ext. 4)**

**1 hr Consult \$100**

**Each subsequent 30 mins \$65**

**Food Planning for 7 days \$200**

Rebalance<sup>MD</sup>