



Ellen Martino

Ellen is an integrative health coach who has conducted individual and group coaching sessions for both private and corporate clients since 2011. She loves to educate and empower her clients to upgrade their food and lifestyle choices so they can lead healthier, happier, and more balanced lives. In addition, Ellen has 16 years of corporate HR experience, in a variety of roles, which gives her a unique perspective and ability to communicate with corporate clients.

Ellen has been providing corporate health and wellness training since 2012. She has an engaging and interactive style and has presented to small groups and large audiences, in person and via webinars. Ellen presents on a variety of topics in the health and wellness space, such as: stress management, nutrition and healthy eating, sleep, heart health, clean living, emotional eating, men's and women's health and many other topics.

Ellen earned a bachelor's degree in Industrial Psychology and a master's degree in Human Resource Management. She is a Certified Health Coach, having graduated from the Institute for Integrative Nutrition. She has also completed extensive functional nutrition training through the Holistic Nutrition Lab, the Health Sciences Academy, The Institute of Nutritional Leadership and the Progressive Practitioner Training Program, among others. Ellen loves to try new healthy recipes and she is an avid reader and continuous learner in the field of health and wellness.