

Nancy Adler

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Linwood nutritionist works to help clients change lives

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Nancy Adler has her own brand of healthy bars and shakes, and has written a cookbook that will be out soon.

Before she became a nutritionist and opened a practice, Nancy Adler was a hair stylist who began developing an interest in fitness and nutrition.

"I got started because I was trying to look into how to eat properly," said Adler, 50, of the Bargaintown section of Egg Harbor Township. "My husband competes in power lifting. It's a big part of our life."

A fitness trainer and sports conditioning specialist, Adler began training clients in a 20-piece gym in the couple's home, but her client base outgrew.

Adler owns Nancy Adler Nutrition in Linwood. She has her own brand of nutrition and granola bars and protein shakes she sells. She expects her cookbook "Nancy's Recipes for Life," which will be sold locally, to come out soon.

Specializing in weight control, Adler sees about 250 to 300 clients a week, she said.

Adler said her approach is not about putting clients on diets but about changing how they view food. It's a lifestyle change, she said.

"They have to learn to walk out of my office, go to a restaurant and make a good choice," Adler said.

"I teach them what that food is all about. You can't tell someone eat this, eat that, and they don't know why they're doing it," she said. "I think most people don't know how to eat healthy. There's so much out there on diets, they're confused."

Soda is one of the worst offenders in someone's diet, and sugary foods in general are pitfalls, she said.

Adler sees clients across all ages -- from young children to senior citizens older than 90.

"This is the first time I've seen so many children that are overweight. That's a really big thing. I see a lot of people that are diabetics."

As her clients return to her each week, they become accountable for the food choices they make each week, an important step that keeps them on track, she said.

"It's hard to make life changes. It's a commitment you have to make to yourself to change your life forever," she said.

Patty Freedman, 44, of Absecon, was one of Adler's clients in 2007. She lost 77 pounds and now weighs 136 pounds, she said.

"I was a stay-at-home mom and lost touch with myself," Freedman said.