



## KRYSTEL KFOURY

Krystel is a clinical and sports dietitian with more than seven years' experience in the clinical and academic fields. She is currently teaching several courses, supervising master students and conducting research at USEK, USJ and LGU. She completed a bachelor's degree in nutrition and dietetics followed by a research-based master's degree in sport's nutrition and physiology, with an internship in France at the department of Functional Exploration of Effort at the CHU-Angers. Her research interest about examining the factors affecting engagement in healthy eating behaviors and regular physical activity led her to complete a degree in psychology to understand more about the inner motivation and its influences.