



Paige Wyatt, MSc., RD.
Performance Dietitian - CSI Calgary

Originally from a small farming town in Saskatchewan, Paige completed her degrees in Nutrition and Dietetics and Exercise Science at the University of Saskatchewan before moving to Calgary to join the team at the Canadian Sport Institute Calgary. She recently completed her Master of Science at the University of Calgary with her research focussing on bone health and under fuelling risk in elite athletes. Paige is currently a performance dietitian for the National Freestyle Halfpipe Skiing, Ski Cross, and Long Track Speed Skating teams. Paige loves to translate research into easy changes that can help athletes improve both their health and performance. Outside of work Paige loves to try new recipes, explore the city of Calgary on the back of her bike, and play boardgames with her partner.
