



## Dimitris Athanasiadis

Dietitian - Nutritionist BSc. Nutrition & Exercise MSc.  
Wellness Coach

Dimitris was born and raised in Thessaloniki.

Driven by his personal need for holistic well-being and having transformed his own weight and fitness level at a young age, he realized early on the importance of proper nutrition and exercise therefore choosing to engage in nutrition and dietetics.

He graduated from the department of Nutrition and Dietetics of TEI of Thessaloniki and right after he was accepted by the central diet office Med-Nutrition as the first ever graduate to do his internship at this center, thus opening the way for the next generation.

Right after completing his internship and military service, he began his own practice as a legal dietitian and has not since stopped changing people's lives for the better.

In 2012 he makes his first major partnership with Oriflame Greece by creating the Wellness Groups program which a great success for 8 consecutive years. At the same time, he starts his collaboration with Manti Persaki as the official dietitian - nutritionist of PBM studios until 2018, while his faith in lifelong learning leads him to the decision to continue his studies.

2013 marks the beginning advanced trainings in "skills and counseling techniques for dietitians" at a center of psychological applications in Chalandri, an experience that opens new horizons and brings his services to a higher level while consolidating his holistic approach. A year later, he begins his postgraduate studies at Harokopio University in Nutrition & Exercise and at the same time he receives additional training in eating disorders from the NCfED Center for Eating Disorders in the UK.

At the same time, he publishes articles in Med-Nutrition, magazines and sites and creates Podcasts always aiming to convey his love for well-being and nutrition.

His constant involvement and love for sports leads him to the completion of the Classic Athens Marathon in 2016, while two years later he participates and finishes in the Mountain Marathon Oitis "Iraklis" as the ambassador of Holmes Place for the charity action Charity4U.

A travel enthusiast, he regularly visits new destinations where in addition to the experience of the actual trip, he continuously aims to discover new cultures, nutritional secrets, habits and ingredients that he adapts to his own programs and the special needs of his customers.

A firm believer in giving back, in 2017, Dimitris undertakes the nutrition and the realization of interactive group sessions with the aim of improving the eating habits for the treatment of cancer for the association of cancer patients PAME MAZI.

In the same year, he participates in a European program, fully undertaking the creation of food menus in the reception and refugee identification centers in the 5 Greek islands.

His communicative charisma and specialization lead him to television collaborations first on the show "Good Life Guide" with Michalis Kefalogiannis, "Health above all" and then as a regular contributor to the show Alpha Everywhere for the summer season 2020 while at the same time he writes articles for major Greek sites.

His love for sports created the vision to nutritionally support professional athletes with the goal of optimizing their performance. Fit to his holistic approach, and for maximum results, he also engages in various sports so that in addition to his scientific method he can also experience the needs of the body during exercise.

Today he collaborates with professional football athletes at national and European level (Italy Serie A, France Ligue 1, Germany Bundesliga) as well as with athletes of various sports at national level such as basketball, rhythmic, martial arts, runners, high altitude climbers etc. always aiming for maximum well-being and performance.

With his life motto being "motive the mind and the body will follow" Dimitris continues with the same passion to change lives for the better by following a behavioral approach in his sessions and conveying his scientific knowledge and experiences.

2012

2013

2016

2017

2020

