



Allison Thummel, MPH, RDN, LDN

Allison Thummel pursued her love of promoting health and fitness in college, where she obtained her BS degrees of Health and Sports Sciences and Dietetics. Allison has also earned her Master of Public Health degree, with an emphasis in Health Education and Promotion. She is a Registered Dietitian Nutritionist, a Certified Exercise Physiologist and a Certified Health Education Specialist.

Allison has promoted wellness for: Texas Department of State Health Services/ WIC Program, University of Texas MD Anderson Cancer Center, Baylor College of Medicine, American Airlines, The Williams Companies, Texas Instruments, The Cooper Institute, Ceridian, Memorial Hermann Ironman Sports and others. She is currently the Business Development Manager for Wellness Workdays-Houston.