



Themis Chryssidis – Biography

Themis Chryssidis has a Masters of Nutrition and Dietetics, a Bachelor of Psychology, A Graduate Certificate of Human Nutrition, a Certificate IV in Training and Assessment, a Certificate IV in Fitness and he is currently the managing director of Sprout.

In 2011 he co-founded Sprout, a 100% hands on interactive cooking school, followed by Sprout Health Studio in 2015 and Sprout Training in 2017.

In 2017 Themis was awarded the *Young Achiever* award by the Dietitians Association of Australia. A national award which recognises leadership, innovation, service and contribution to the profession.

Themis is a media spokesperson for the Dietitians Association of Australia and a regular contributor for SA Life Magazine, ACH Group, 9Coach and Health Partners.

Themis consults privately at Sprout Health Studio where he works in eating disorders, allergies and intolerances. He is a dedicated and passionate dietitian who promotes healthy, nutritious and delicious eating through practical advice. When Themis is not at Sprout you'll find him cooking, eating, drinking wine or playing or watching some kind of sport!

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