



Introducing: Alexandra “Ali” Del Re

Master of Science in Nutrition & Dietetics

Hi, I’m Ali!

I'm passionate about helping people build a healthier relationship with food, movement, and their bodies through realistic, evidence-informed nutrition. I believe that exercise and nutrition work best together.

As a former NCAA Division I cross country and track athlete and now an aspiring marathon runner, I've experienced firsthand how proper nutrition can transform not only athletic performance, but also energy, recovery, confidence, and overall well-being.

Whether your goal is building muscle, improving body composition, increasing energy, or simply feeling healthier, I want to help you build sustainable habits that support strength, performance, and overall wellness. Together, we will develop the knowledge and confidence to make nutrition work for your life, without restrictive diets or unrealistic expectations.



Education & experience

I earned my Master of Science in Nutrition & Dietetics from Florida International University and am currently completing my dietetic internship as I work toward becoming a Registered Dietitian.

My education, combined with my personal experiences and years as an NCAA Division I cross country and track athlete, has shaped the way I approach nutrition coaching.

Throughout my education and training, I've gained experience in **sports nutrition, community nutrition, private practice, and clinical settings**, allowing me to work with individuals from a variety of backgrounds and health goals.



Empowering & compassionate care

I believe food is so much more than fuel.

Food gives us energy to move, recover, and perform, but it also brings people together. It's culture, tradition, celebration, comfort, and connection. My goal is never to create more rules around food. Instead, I want to help people build confidence in their choices, develop sustainable habits, and learn to nourish their bodies in a way that supports both their goals and their quality of life.

Whether you're an active adult, recreational athlete, or simply looking to improve your health, **I want coaching to feel like a partnership.** Together, we'll focus on practical nutrition education, realistic habits, and small changes that lead to lasting results, not perfection.

I'm excited to help you nourish your body with confidence, support your performance, and create balanced nutrition habits that actually last.



Personal health & nutrition journey

My passion for nutrition began through my own journey as an athlete. Growing up in South Florida, sports were a huge part of my life. I played tennis, softball, was a former NCAA Division I cross country and track athlete, and spent seven years playing competitive travel soccer, where I had the opportunity to compete across the country and attend Olympic Development Program camps. I loved the challenge of competing, pushing myself, and being part of a team.

As my love for sports grew, so did my desire to be the best. Like many young athletes, I started looking for ways to gain an edge. **Social media, fitness trends, and misinformation led me to believe that eating less, avoiding certain foods, and striving for the "perfect" body would make me a better athlete.**

Instead, it had the opposite effect. I became consumed by food rules and constant thoughts about eating. I wasn't fueling my body enough, my performance declined, my energy disappeared, and eventually my health suffered. **Thankfully, my parents recognized that something wasn't right and connected me with both a registered dietitian and a therapist.**

That decision changed my life.

Recovery didn't happen overnight. It took years of learning, growing, and rebuilding my relationship with food, exercise, and myself. Along the way, **I discovered something that has stayed with me ever since: Nutrition isn't about eating perfectly. It's about nourishing your body so you can live the life you want to live.** These experiences are what inspired me to pursue nutrition professionally. Like many people, I've also learned that nutrition isn't about being perfect, it's about learning how to fuel your body in a way that supports your individual goals and lifestyle.



Lifestyle & hobbies

Outside of nutrition, you'll usually find me staying active through running and strength training, spending time at the beach, exploring local coffee shops, reading, cooking, and baking.

I appreciate the sense of community that movement brings. Whether I'm training for my next race, trying a new recipe, or spending time with family and friends, **I believe living a healthy lifestyle is about finding balance and enjoying the things that bring you joy.**

➡ Ready to get started?

To schedule an appointment with Ali, call or email us at:



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