

## **Jeremie Pederson, D.C., C.S.C.S.**

certified strength & conditioning specialist

Jeremie Pederson graduated Magna Cum Laude in 2009 from Texas Chiropractic College, and is currently a practicing Doctor of Chiropractic. He earned his B.S. degree from University of Wisconsin – LaCrosse in Exercise and Sports Science with a concentration in strength and conditioning, and is a Certified Strength & Conditioning Specialist through the National Strength and Conditioning Association. Dr. Pederson is the owner of Chiropractic Nutrition Solutions, P.L.L.C., located in the heart of the inner loop. He has been a trainer with the Houstonian Lite since 2005 and continues to help members reach their health and wellness goals.

As a Chiropractic Doctor, he deals with multiple health issues ranging from bone and joint pain to hypertension, high cholesterol, and morbid obesity. Most illnesses and degenerative injuries that he treats are avoidable by utilizing proper exercise and nutritional therapy. It is Dr. Pederson's goal to effectively fight the war on obesity and disease in order to help his clients live healthier lives by safely incorporating fitness activities into their daily routines. He has the unique advantage of bringing the chiropractic and medical world into the health club setting to safely deal with a variety of clients who may not ordinarily participate in an exercise routine. If you are not sure how to get started, contact Dr. Pederson and he will find a solution that works for you.

To contact Dr. Pederson at the club email him at [jpederson@houstonianlite.com](mailto:jpederson@houstonianlite.com)  
To contact Dr. Pederson regarding Chiropractic health care needs or to learn more about what Chiropractics can do for you, email him at [dr.jpederson@hotmail.com](mailto:dr.jpederson@hotmail.com)

Jeremie Pederson  
Houstonian Lite Health Club  
Certified Personal Trainer  
[jpederson@houstonianlite.com](mailto:jpederson@houstonianlite.com)