

Stephanie Staples

Bring Your "A" Game to Work & Life!



When I was a child I dreamt I would be
A dietician and then the whole world would see
How important that food would be for their health
And I'd be living with all sorts of great wealth (lol)

My days would be leisurely with the absence of stress
I'd have holiday's galore and plenty of rest
But then I woke up from my peaceful dream
A dietician's life is not so simple it seems

Imagine my shock that not everyone shared
My love for legumes and that nobody cared
When I'd give recommendations that would make so much sense
Then the choices they'd make would be frustrating and dense

That whether I worked in the hospital or am busy teaching
In Government, clinic, food safety or researching
Those challenges are great day in and day out
Private or public, you're out and about

Spreading the word, you believe in so much
Prevention and outcomes, controlling conditions and such
There are many reasons dieticians continue to strive
To improve and prevent and make a difference in lives

So to everyone helping their families and clients
Using your art and your heart and your science
Thank you on behalf of the many who don't say
What you've taught does matter, it effects everyday

It's when we're healthy and happy that life is the best
But remember help yourself, and then help the rest

Stephanie Staples :)
YourLifeUnlimited.ca