



Rave Reviews!

Andrea Holwegner BSc, RD & Professional Speaker

“As a **construction company**, we select speakers who can relate to our industry and its employees. When we decided to make healthy eating the topic for our annual meeting, we knew we had to select just the right person. When we interviewed Andrea, we knew she was that person. Her message is delivered with **humor and empathy**. She is **non-judgmental and realistic** about health and wellness. She makes people feel as though they can make changes without leaving behind every favorite food. Andrea focused her presentation on healthy eating as a way to keep energy high throughout the day. **This message and the way it was delivered resonated with our predominantly male, blue collar culture**. I would highly recommend Andrea as a speaker for groups such as ours. She will **get your message across without alienating anyone in your audience** – which is a huge hurdle when trying to introduce a wellness program in the workplace!”

*Stephanie Wood, HR and Safety Manager
Fisher Construction Group, Burlington, WA*

“Thanks Andrea for an amazing presentation, I have heard all positive remarks from attendees and the evaluations show the same sentiment. It is really **gratifying when a speaker does their “homework” and weaves in our profession’s day to day challenges within their content**, you did an awesome job of this!

You **truly took the “die” out of dietician!** Your information on healthy eating and simplifying how we can work towards this as we are all so busy really hit the mark. You were able to clear up many points of confusion that attendees were struggling with as the volume of information on this topic is overwhelming and constantly changing it seems.

Andrea connects very well with her audience; she is **energetic, funny and very approachable.**”

*Carole Ann LaGrange, MLT
Transfusion Medicine Safety Officer, AHS Central Zone
Event Planner for Laboratory Diagnostic Imaging Annual Event*

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“Since 2010 we have been working with Registered Dietitian Andrea Holwegner as our **lead nutritionist** as part of our corporate wellness program at our head office. She has organized and facilitated seminars, onsite nutrition counselling, healthy catering menus and a one-of-a-kind **monthly nutrition club**. We have consistently found Andrea’s **expert advice, approachability and sense of humour are very well received by our employees**. She is quick to help develop new **creative initiatives** and go the extra mile to help **create value** for our corporate wellness program.

Having the same ongoing person supporting our nutrition initiatives has a **clear return on investment** and has helped drive home a **consistent credible message**. I would not hesitate to recommend Andrea as a speaker for your next event and partner in co-creating nutrition initiatives for your workplace. She can help your employees tackle better productivity, less stress, weight management, heart health and more.”

*Jen Huebner
Health & Safety Specialist – Health & Wellness, Chevron Canada Resources*

“Andrea kicked off our annual IBEW Local 37 Training Trust Fund conference to rave reviews! Her energy, positivity, and passion were perfect for our event. She provided participants with just the right amount of practical advice and fun interaction. Andrea’s passion and enthusiasm were contagious. Awesome, wonderful, and excellent were adjectives filling the room after her address. Thanks Andrea!”

*Elaine Leclerc
Annual Conference Event Planner
IBEW (International Brotherhood of Electrical Workers) Local 37 Training Trust Fund New Brunswick*

“We reached out to Andrea as a third party expert and professional speaker to participate in our marketing program targeting Registered Dietitians. As part of the program she provided her peers with relevant information about the who, what, when, where and why Canadians are eating out. Her session was very well received with many of her peers commenting that her presentation was educational, visual and highly entertaining. Overall, Andrea’s involvement increased the success and credibility of this marketing initiative and I wouldn’t hesitate to recommend her services as a professional speaker.”

*Tamara Lewis
Brand Manager
SUBWAY® Restaurants Canada*

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"I wish to sincerely thank you for participating at this year's Freshables Conference, your topic and your presentation was just what the Doctor ordered being that the focus was on Health & Wellness at this year's event. Your message and your energy inspired all that attended. Your **execution was spot on** while at the same time left us wanting more of what you had to offer. In today's fast moving economy and hectic lifestyle you brought home a **realistic action plan for real personal change as well as solutions that can target real sales growth in today's Food Retail environment**. I applaud your ability to coach and mentor and most importantly **your infectious humour and great passion** for what you believe in. Andrea, it's my pleasure to endorse you as a true professional."

*Keith J. Ball
Manager, Produce Sales & Marketing, Associated Grocers*

"Andrea Holwegner was a guest speaker at our annual retreat and was great! Addressing a full room of doctors to discuss nutrition is a challenge, I am sure...but **Andrea hit the mark** by teaching us about the psychology of eating...the why and how it is that we ignore what we know about health...much more useful than a lecture on food. She was **fun and engaging** and the information she gave us was very, **very relevant** to all of us. Thank you Andrea!"

*Dr. Val Kirk MD FRCPC CCPE
Deputy Head, Department of Paediatrics, University of Calgary*

"Andrea is not only a wellness expert but also an **engaging speaker** that has stirred up **positive change in our team**. As a group of busy professionals with very demanding jobs, we appreciated Andrea's **practical, not perfect approach**. She **enthusiastically** led our half-day offsite retreat with **relevant strategies** to improve our nutrition, health and productivity. Each of us took away **simple tips** that could be implemented right away to help us manage stress and improve how we perform in our professional and personal lives."

Carrolyn Schmid & Jacky Chan Senior Advisors, Corporate Controllers Group, Enbridge Inc.

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"Andrea, your high energy keynote session delivered at our conference was **right on target!** Your **positive contagious energy and humour generated optimism** with our group. Your stories and practical tips not only **captivated** the attention of our group, but **inspired us** to take charge of our health. We learned that eating well **doesn't have to be difficult**, and that small changes can really make a difference in how we feel at work every day. Your **fresh approach** to healthy eating and philosophy that all foods can fit really allowed you to connect with the audience. We look forward to having you speak to our group again. Thanks!"

*Debra Watt
Manager, Court Services, Alberta Justice*

"WOW---We don't have to be perfect. What a relief! Andrea spoke at our annual fall conference, and just **lit up the room** with her **energized, dynamic, and inspiring** presentation. The **feedback from our participants was just glowing**; like they've been renewed and given permission to focus on what really counts at meal time. The **real life approach** to food and nutrition is so much more **attainable and sustainable**. Our group consisted of Food and Nutrition managers, dietitians, and food industry reps and all were **engaged** with Andrea's messages."

*Denise Russell
President, Alberta Society of Nutrition Managers*

"We can't thank you enough for your contributions to our HealthCare Education day, especially on such tight timelines. The amount of work you put into **tailoring your message** and your presentation to our crowd was very clear. Your presentation was an incredible opportunity for our customers to **take something away not only for their professional lives, but for their personal lives** as well. Additionally, your **energy and ability to relate to the audience was invaluable** as a presenter. Your presentation truly **transcended age and time, and everybody was able to relate and walk away with something to help them out**. Thank you so much for inspiring that in our customers and in us. We hope to have you back again."

*Christopher Sprentz
Marketing Manager, SYSCO Calgary*

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"Andrea spoke to our annual conference of family businesses. She offered a **lively and interesting** look at the challenges of eating properly in today's busy world. She presented **tips for all age groups** and made you feel as though you could follow her advice. **Most importantly, she never made her audience feel guilty** about their current eating habits. I would strongly recommend Andrea as a strong and energetic speaker."

Karen Whiteman

Executive Director, CAFÉ (The Canadian Association of Family Enterprise) Calgary

"Excellent presentation! What a **refreshing change to have a speaker inspire rather than "lecture"** about nutrition. Your **captivating stories, tips and overall approach to healthy eating uplifts and puts people at ease**. It was great to hear we don't need to strive to be perfect eaters, and that small changes really can make a difference in how we feel and in our health. Thanks to Andrea, **we have solutions** to our every day nutrition challenges that can actually work in real life!"

Tina Tamagi

Human Resources, ARC Resources Ltd.

"Andrea's approach to healthy eating **not only inspires, but leaves a lasting impression of hope and confidence for success**. She has **worked with our staff over the last few years** in providing us with sessions focused on simple nutrition tips for better energy, health, and weight management. She is an expert in her field and truly knows how to challenge each person to do just a little bit better. Improved nutrition for our staff has **excellent returns for better focus and health for work and in our personal lives**. Her **sessions are always guaranteed for good attendance** and we look forward to bringing her back again to motivate us some more!"

Michele Flaig

Health Services, Devon Canada Corporation

"I loved how **realistic** and **practical** this presentation was."

Julie Burns

Public Health Nurse, Alberta Health Services

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"Silver Group Purchasing was very pleased to have Andrea Holwegner speak at all **five our Education Days across Canada**. Andrea's topic, Bite Sized Changes for Supersize Results, was **well received** by all members. All participants came away from Andrea's presentation having learned new things about how to balance the food they consume. Some of the comments from the group included; speaker **made me laugh, very useful concepts and tips** to eating healthier, **excellent speaker - clear, concise and informative**, and loved Andrea's presentation."

*Rosemary Hetu,
CFE Business Development Rep, BC, Silver Group Purchasing*

"I am so **grateful for the onsite executive coaching** of Health Stand Nutrition Consulting Inc. that our company, Walton Global Investments Ltd., decided to provide to the executives. Of course, I have always known that healthy eating is essential for overall long term health, but it has been with your instructions that I have committed myself to proper nutrition - and it's working! As a result of these sessions, I am **more productive, have more energy at work, and have learned not only what to eat, why and when, but also easy strategies to keep it up**. My commitment to long term health has never been better or more fun. Thanks for sharing your expertise and putting me on the path to a healthy life."

*Leslie Fryers, Q.C., ICD.D
Executive Vice President, Law, Walton Global Investments Ltd.*

"We have **continued to bring Andrea back multiple times** as a speaker for our organization because **her message clearly hits home** with our employees. She has a **unique ability to bring fun, relevant and realistic solutions** to help our employees live healthier despite demanding work schedules. When employees are healthier, our company benefits with an **improved bottom line**. When you need a **motivational speaker that will deliver education mixed with a sense of humour** in the topic areas of health, wellness and productivity, Andrea will deliver".

*Stephanie Stillinger
Manager, Human Resources - Disability Management & Wellness
Newalta Corporate Office*

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"Carewest has **utilized the expertise of Health Stand Nutrition on several occasions**. This year, we offered **onsite nutrition counselling sessions** at some of our sites. Our staff appreciated the **practical suggestions** and the opportunity to explore **relevant strategies for their own unique goals**. We also asked dietitian Andrea Holwegner to deliver **speaking engagements** to our staff at several of our sites and the feedback was terrific! **High energy and inspirational** were a few of the words used to describe Andrea's sessions. Her **practical tips** left us wanting more time to explore other dimensions of nutrition and healthy eating. We look forward to the next time we are able to work with the team at Health Stand Nutrition on this important and challenging topic."

*Roxanne McKendry
Manager EH&S and IP&C, Carewest (Government of Alberta)*

"The Walton Group of Companies has been lucky to **work with Andrea for a few years now and she has added immense value to our Health and Wellness program**. Not only has she provided our **executive team with onsite executive coaching**, she has **returned numerous times to provide sessions to all employees' who are interested**. The feedback on Andrea is always positive from those who attend her sessions. She **makes it fun and interesting to learn** about health and nutrition and provides advice that is **easy to put into practice**. All of her sessions are **informative, fun** and our staff has really made an effort to incorporate her tips into everyday life. She makes health and wellness an **approachable** topic by giving us ideas that can actually work to help busy professionals and people on the go! Our employees here have definitely benefited from her sessions and we look forward to continuing to work with her in the future!"

*Kendall Wylie
Senior Human Resources Advisor, Walton International Group Inc.*

"Very **informative** – lots of **fun** and SO **sensible**."

*Barb Barrington
Public Health Nurse, Alberta Health Services*

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"Andrea, I just wanted you to know that **your session changed my life**. I never took the time to understand nutrition – I love food, I am not over-weight, so all is cool! So I thought. The seminar taught me some **very practical things and tips**. But mostly Andrea, it's the **common sense approach and the no "severe" rules approach** that you used to deliver the material that made it worthwhile. **I left feeling that I could do something about it and it was not going to be negative** (I can still have my two glasses of wine!). I am now so much more aware of nutrition and its impact on my life. Thanks again."

Richard Boyer
President & CEO, Gienow Windows & Doors
(Attended 1/2 day workshop for his CEO business group TEC)

"**Entertaining, practical** and suited for the audience."

Chris Brown
Environmental Specialist, Husky Energy Inc.

"**Great balance of information and humour**. Great to see a dietitian who does not scold or shame but advocates for the middle and moderation to inspire people to change."

Gail Rude
Assistant Principal, Calgary Board of Education

"**Very entertaining**, Andrea has lots of **passion!**"

Ben Hale
Environmental Coordinator, Husky Energy Inc.

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"Andrea Holwegner brings **huge value and return on investment as an inspiring leader in the nutrition field**. She is an **upbeat** speaker, with **credible, practical ideas** to share. We have continued to **bring her back again and again** to speak to our employees. Her message is starting to stick! Our employees are starting to "walk the talk" and **as a result of eating better, are returning to work feeling healthier and more energized.**"

Sheri Brake
Manager, Employee Development, IHS Energy

"Thanks for a fabulous afternoon. I **enjoyed your energized, articulate, well-prepared and dynamic presentations**. I have walked away focused on eating better and not worrying about being perfect. I also liked your approach that how we eat is as important as what we eat."

Colleen Biondi
Attended, "Energized!" Full Day Public Event

"I attended your keynote seminar at the Calgary District Dental Society annual event and I just wanted to let you know I thought you were great! **I left your presentation renewed in my commitment** to the way I feed myself and my family."

Barb Olson
Dental Hygienist, Calgary District Dental Society

"I admit I went to see Andrea with somewhat of a closed mind, thinking she was going to be some "granola feeding dietitian". Was I surprised! Andrea's **practical approach and acceptance of human nature helped me to lose 40 lbs and 6 pant sizes; and this was the absolute easiest way to lower my cholesterol**. Andrea's tailored program allows me to eat whatever I want. The ongoing consultation and having my wife join the program definitely made a difference in my life."

Mike Podovinnikoff
One-on-One Coaching Client

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"I have taken many nutrition courses and read many articles but **this is the first time I have ever heard anyone apply common sense to nutrition.** You provide a **great approach to healthy eating that we can all relate to.** Thanks!"

*Lanny Watkins
Senior Tax Analyst, ARC Resources Ltd.*

"We were fortunate enough to have Andrea come and speak with us for a half-day session about Power Nutrition for Women. This was a very great topic for our members as we are all women and it was helpful to know **what kind of things we should be eating even if we do have hectic schedules** as working women and mothers. Andrea was able to separate our larger group into small groups and do some hands on activities and group participation. She was able **to keep everyone interested in what she had to say and was very energetic.** I would definitely recommend Andrea to share her knowledge of nutrition and health with everyone: men, women, and children. She is very **knowledgeable and fun!**"

*Tina Spector
President, Calgary Dental Assistants Association*

"**Great information & very entertaining.**"

*Shannon Hiebert,
Environmental Engineer, Husky Energy Inc.*

"Andrea delivered what turned out to be a **very popular, useful and successful presentation** to employees in our Calgary Corporate office. The feedback was extremely positive, with many comments regarding Andrea's ability to **engage the audience, make them laugh and help them to learn the foundations** of healthy eating. We will certainly be inviting Andrea back for more sessions."

*Alysia Bell, BSc
Health & Wellness Advisor, Penn West Exploration*

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"Andrea Holwegner is a **leading expert in the field of nutrition**. After numerous successful television segments on Global Morning News, we asked her to be a **regular monthly guest expert**. Andrea has continued to **bring forward current issues and topics relevant to our viewers**. **She understands media, comes well prepared, and is both entertaining and energetic**. We look forward to continued work with her as a regular guest on our show. Thanks Andrea!"

*Angela Kokott
Past co-host, Global Morning News Calgary*

"Andrea's session was **the most highly regarded by all participants**. Feedback received from participants stated "This was **awesome! Very inspiring! Excellent information I will apply**; when is the next session?"

*Dawn Keith
Instructor, Lethbridge Community College*

"Andrea's **enthusiasm inspired everyone** to take their personal health and nutrition into their own hands. Everyone who attended her talk left with something that they could incorporate into their daily nutrition plan **immediately and easily**."

*Alexandra Lys
University of Calgary Medical Students Association*

"Thanks to Andrea we were allowed the opportunity to refocus our attention to our own personal needs so that we would then be able to focus on our **newly acquired energy for our jobs**."

*Kevin Kohle
Principal, St. Rita's School*

"I thought I had heard it all, but you had **new, thought provoking tips**."

*Vicki Ashmead
Public Health Nurse, Alberta Health Services*

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Andrea was contracted to speak to the membership of Mount Royal Support Staff during our Professional Development Days. We are a diverse group ranging from administrative assistants to groundskeepers. It can be a challenge to find speakers that will address issues of importance to all. Andrea was an **excellent solution to provide a program for a varied audience.**

Andrea was very **professional in both planning and presenting material that suited our requests.** The presentation style was both **engaging and entertaining.** She presented facts and ideas that could **easily be incorporated into daily lives at both work and home.**

As our **final session of the day,** Andrea was able to **energize the room with a humorous slideshow and lively delivery.** She gave us a **new perspective** on healthy eating and menu planning which was focused on positive results."
"We enthusiastically endorse Andrea as a speaker."

Debbie Henson
Co Chairperson Mount Royal University Support Staff Association PD Days

"Andrea delivered an amazing presentation to our entire Calgary office. This was Access's first ever session on the topic of Nutrition. The feedback was extremely positive. Access employees felt that in addition to being an **amazing speaker,** Andrea presented **new and helpful information that could be used at the office and at home.**"

Sabina Dinnert,
Access Pipeline Inc.

"Andrea your presentation was excellent! **Informative, educational and fun!** Thank you for partnering with us."

Egon Thauberger
Human Resources Manager, Ply Gem

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"Very good information presented in a **fun** manner".

*Jerry Scouler
Senior Staff Engineer, Husky Energy Inc.*

"I thought this presentation was **engaging and motivational**. Andrea is **humorous** and **positive** in the delivery of **valuable information**. Thank you, well done!"

*Pamela Garrah
Teacher, Calgary Board of Education*

"Andrea Holwegner consistently writes **informative, intelligent and relatable columns** about diet and nutrition that are **relevant for readers** of the *Calgary Herald*. She brings a **voice of expertise** that is also relatable, reasonable and engaging, and her columns regularly appear among the **most read stories** on the *Herald* website."

*Tom Babin
Features Editor (Arts & Life, Swerve, Travel), Calgary Herald Newspaper*

"Andrea presented a **high energy and informative session**. Attendees appreciated her approach to nutrition through the options she provided to encourage healthy food choices. They also enjoyed her presentation style and sense of humour."

*Darlene Fraser
Member Services Coordinator College of Registered Dental Hygienists of Alberta*

"**Relevant, interesting and useful**. Information that is **useful** to me - all presented in a **fun and entertaining** format. Thank you!"

*Dan Bregg
President, Buy Low Foods/Associated Grocers*

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“Andrea is a spitfire! She is lively, engaging, captivating and delivers great fresh ideas! She dresses up the topic of nutrition and takes it to a whole new level. In today’s fast paced and stressed out world it is an **important message** to hear for your own personal health. As a retailer, the whole healthy eating movement is a **hot topic you need to know more about** in order to better understand your customer’s needs. Andrea’s sessions deliver significant **added value to retailers** who want to make this a priority message for their businesses. Go Andrea!”

Pete Luckett

Professional Speaker and Founder of Pete’s Wholesale/Retail Outlets and Luckett Vineyards

“I thoroughly enjoyed the energy brought to the room by you. It is obvious that you started your day off right. Practice makes perfect. **Our team was fully engaged due to your infectious energy.** Thank you.”

Dean Olynik

Chief Executive Officer. Askew’s Foods

“I loved how Andrea makes nutrition simple. Consumers are very confused about making good choices and her approach just makes sense. I will be returning to my business with a **fresh no-nonsense perspective.**”

Lori Hoffman

Bakery Manager, Nester’s Market

“The information provided today gave me **some ideas to help make my store unique/compete** with the big-box stores. By providing health related facts we will provide better “we care” approach to sales.”

Adrian Krawec

Assistant Manager, Athabasca Buy-Low Foods

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*“Since 2012 Registered Dietitian Andrea Holwegner has been a regular contributor on CTV Morning Live. She has informed our viewers on trendy and timely topics from how to lose those last five pounds, to the most asked questions on carbs and sugar. Her segments are not only very informative but her visual displays are top-notch. She is **easy to work with, is well prepared and has never been late.** I would **recommend her for her own TV gig any time!**”*

*Neena Gill, Producer
CTV Morning Live*

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