



NUTRITION CONSULTING INC.

Andrea Holwegner BSc, RD

The Chocoholic Nutritionist™

CEO (Chief Energy Officer), Online Course Facilitator & Professional Speaker

Andrea Holwegner is the founder and CEO of Health Stand Nutrition Consulting Inc. established in 2000. Her mission is to empower people to create a healthy and joyous relationship with food and their body.

She leads a team of experienced dietitians that help busy families with meal planning success, weight concerns, eating disorders, digestive issues, sports nutrition, heart health, diabetes and more.

She is an online nutrition course creator, professional speaker and regular guest in the media. Andrea is the recipient of an award by the Dietitians of Canada: The Speaking of Food & Healthy Living Award for Excellence in Consumer Education.

In her spare time, she enjoys skiing, mountain biking and sipping wine with her husband over a delicious meal. Most of all, she loves being a mom and playing in the dirt in the vegetable garden she grows with her son.



Join Andrea's free nutrition newsletter that goes out to thousands of people each week for her latest TV segments, articles and healthy recipes from her award winning blog at www.HealthStandNutrition.com/newsletter. Instagram, Facebook, Twitter @chocoholicRD

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