

Professional Speaker Andrea Holwegner, RD

The Chocoholic Nutritionist™

Health, Wellness & Productivity Expert



Say goodbye to stiff and boring and say hello to approachable, FUN, and actionable sessions!

Motivational keynote speaker and health and wellness expert Andrea Holwegner offers relevant, engaging events to **reduce stress, improve health, and dramatically increase productivity.**

Andrea is **one of the only Registered Dietitians in North America that is also a qualified Professional Speaker.** You can count on her for high-energy, entertaining keynotes, workshops and workplace wellness webinars that are grounded in credibility and experience.

When you work with Andrea you won't find any cookie-cutter seminars that fail to provide meaningful information about topics your specific audience needs to know. You also won't find lifeless lectures, text-heavy 'death-by-Powerpoint' presentations, or overly complicated nutrition plans that busy employees or those that struggle with their health will find too hard to implement. Instead, you can count on **simplified, down-to-earth ideas that even the most unhealthy employees can implement right away.**

*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

As seen in

CBC  Radio-Canada


CALGARY HERALD

 BREAKFAST
TELEVISION

NATIONAL POST









Table of Contents

Meet Andrea	3
Success Stories.....	4
Benefits of Working with Andrea	5
Speaking Topics.....	6
Topic 1: Energized! Healthy Productive Energy	7
Topic 2: Bite-Sized Changes for Supersized Results	8
Topic 3: Less Stress and Stealth Health	9
Topic 4: Workplace Nutrition Initiatives	10
Topic 5: Marketing to Health Conscious Consumers	11
Topic 6: Shift Work Survival	12
Topic 7: Power Nutrition for Women	13
Topic 8: Show Me the Weigh!	14
Topic 9: Meal Planning for Insanely Busy People	15
Topic 10: Eat Out Without a Doubt	16
Topic 11: Heart Health Nutrition	17
Success Stories.....	18
What is Andrea Best Known For?.....	19
When Should Andrea be Suggested for an Event?.....	20
Success Stories.....	21
Value Added Options	22
Who We Work With	23
Client Highlight.....	24
Client Highlight.....	25
Other Supporting Services.....	26
Success Stories.....	27
Success Stories.....	28
Andrea’s Full Bio.....	29
Andrea’s Full Bio.....	30

Meet Andrea.



I'm Andrea Holwegner, I speak internationally to busy employees and leadership teams on how to generate energy to fuel top performance for business and life. Individuals and teams cannot thrive to their fullest potential without personal health and optimized eating habits. The good news is, bite-sized changes have super-sized results.

Having worked with thousands of people since 2000 as the Founder and CEO of Health Stand Nutrition Consulting, I know a lot about how to get people unstuck when it comes to their health habits. I'm a media expert, online course creator, and one of the only Registered Dietitians in North America that is also a Professional Speaker. I'm up to date with the latest scientific research about healthy eating, but also understand how to deliver engaging relevant messages (that won't lecture and bore an audience).

I'm known as the Chocoholic Nutritionist™. This means I'm not just a nerdy nutritionist that wants people to eat enough veggies. I also want people to have a life that includes favorite foods like chocolate and potato chips chosen for fun.

I love presenting to audiences currently off-track with their health, have high-stress jobs, and insanely busy schedules. Why? Because I watch them laugh. I watch them nod. I watch the light bulb aha moments from the stage. I also hear from individuals and time-strapped working parents like me each day. They are taking action on my steps to make healthy eating simple, fun, and more effective.

My mission is to globally empower people to have a healthy and **joyous** relationship with food. If you are looking for a conference caffeinator and a down-to-earth FUN perspective on wellness, I'm your gal.

Success Stories

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

Carole Ann LaGrange, Transfusion Medicine Safety Officer
Event Planner for Laboratory Diagnostic Imaging Annual Event

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



Benefits of
Working with Andrea

Supporting health, nutrition, stress management, and productivity are highly relevant to the success of your workplace.

Andrea works closely with event organizers and leaders to ensure her sessions are relevant at both an individual and workplace level.

Top 5 Benefits

for Your Workplace and Employees

1

Boost mental health and employee energy, productivity, resiliency, work-life balance and ability to combat stress. This is especially important for those that are shift-workers, travel for work, have a job that requires a high level of safety, or have incredibly busy schedules and work demands.

2

Address costly and unfavorable results from biometric screening and health risk assessments such as obesity, high cholesterol, high blood pressure, diabetes, depression, and other physical and mental health issues.

3

Improved bottom line related to the high costs of health benefits, medications, sick leaves, disability leaves, burnout, and employee turnover.

4

Recruit and retain top talent and the healthiest employees by offering forward-thinking nutrition and wellness initiatives employees will love.

5

Achieving good health and optimal productivity can be **simple and fun.** Employees don't need to sacrifice their favorite foods to be successful. **Bite-sized nutrition changes at home and on-the-go can have supersized results** on how employees feel every day.

Andrea's ultimate goal is that your **employees love food and love the body they live in.** When they do everyone wins. You as an employer reap the benefit of having **productive, happier, healthier employees that show up at work recharged and ready to roll.**

Watch Andrea *in Action*



Watch Andrea's latest media segments

WATCH VIDEO



Watch Andrea's speaker demo video

WATCH VIDEO

Speaking *Topics*



Keynotes

Entertain, inspire and encourage a shift in thinking. Keynotes are 45-90 minutes in length and are delivered to larger groups to commence or conclude conventions or annual events. See the next page for a list of Andrea's keynote topics.



Workshops, Breakout Sessions, Retreats

Fun, interactive sessions for practical skills and more detailed action plans. Workshops and breakout sessions typically range from 45-90 minutes or Andrea can facilitate half-day workshops or full-day retreats. See the next page for a list of her topics.



Webinars

Engaging, interactive online education for workers and their families as well as organizations with multiple locations, shift workers and remote workers. Webinars are typically 45-90 minutes. See the next page for a list of Andrea's webinar topics.



Customization

Andrea is committed to customizing the most relevant session for your audience. She believes each audience member should walk away with not only being **entertained** but also with **concrete ideas** they can **immediately implement for better health, wellness, and productivity**.

The following pages include a list of her most popular sessions. Note that Andrea can tailor a session to suit the event theme or your goals by mixing and matching some of the key messages from several sessions.

Topic #1

Energized! Healthy Productive Energy

How busy people use nutrition to starve stress & percolate productivity.



MOST POPULAR KEYNOTE, BREAKOUT SESSION,
OR WEBINAR!

.....
Key benefit: Improve productivity and mental health in those in high-stress jobs that are susceptible to burnout or strained work-life balance.
.....

We all want to be healthy, productive, and manage stress effectively. At the same time we are juggling more responsibilities than ever before. The good news is there are simple solutions to boost mental health and manage productivity through your workday so that your family-life and hobbies get the best of you.

Pump-up your productivity, resiliency, and ability to manage stress with this high-energy, humorous session.

Andrea will inspire you with easy steps to take charge of your everyday eating habits that even the busiest and most skeptical person can do.

Key Learning Objectives:

- 1 Nutrition can have a profound impact on your energy, mood, workplace safety, creativity and productivity at work. You're eating habits also impact your overall health, wellness and how confident you feel in your body.
- 2 Achieving good health and optimal energy can be simple.
- 3 How to squeeze up to 50% more energy out of your day so your work AND you're personal life gets the best of you.
- 4 The NRG principle of: Nourish with nerdy nutritious meals; Refuel and rehydrate regularly; Give in to guilty pleasures and give up the non-essentials.
- 5 Explore confusion over low-carb diets, protein and fat for your body and brain.
- 6 Breakfast with a bang! Understand what, when and how to start your day revved with energy.
- 7 Lunch with a punch! Lunches that leave you fired-up with energy instead of flat lined later in the day.
- 8 Healthy snack attacks for busy people.
- 9 How to minimize energy zappers and false energizers through your day.
- 10 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

Bite-sized Changes for Supersized Results

Achieve health without guilt or complexity with imperfect nutrition



KEYNOTE, BREAKOUT SESSION, OR WEBINAR

Key benefit: Improve overall health and wellness for busy people in energy demanding jobs that are at risk for weight concerns, cardiovascular risk, diabetes, and more.

Food and eating is much like life; when you are having fun, you will be successful. You don't need complicated plans and a huge amount of time or resources. You also don't need to sacrifice your favorites to improve your wellness.

Feel better every day with bite-sized changes to your nutrition in this fun-filled energetic session that won't expect you to be perfect. Andrea will inspire you with the most important changes you can make to what or how you are eating for better energy, health, and achieving your personal best weight.

Key Learning Objectives:

- 1 Nutrition has a profound impact on your overall health, wellness and ability to achieve your personal best weight. You're eating habits can prevent and help you manage health concerns such as cardiovascular disease, diabetes and improve your overall productivity.
- 2 Achieving good health and optimal energy can be simple.
- 3 Start the day off right. Why breakfast matters, what to do if you really don't love eating in the morning and how to score a perfect ten on your first meal of the day.
- 4 Use the KISS principle (keep ingesting something silly). The pros and cons of gorgers and grazers and becoming a go-getter that eats on time.
- 5 BMW (balanced meals work). Understand healthy meal planning and how to avoid feeling like your energy is on a rollercoaster.
- 6 Watch portion distortion. Gain insight into the tricks marketers use to increase how much you eat and become empowered to shift portion sizes to improve your wellness and move to your personal best weight.
- 7 Think in 3's. Andrea's simple yet powerful mantra to wrap up the most important things to do when it comes to improving your health, energy and ability to manage a healthy weight.
- 8 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

Less Stress & Stealth Health

Easy strategies when eating well feels too darn hard



KEYNOTE, BREAKOUT SESSION, OR WEBINAR

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Key benefit: Inspire audiences that may be disengaged with their health and wellness, or that have a large number of males in attendance with health and safety concerns at work.
.....

Eating well isn't always easy. Most would say that potato chips, chocolate, or burgers are far better than broccoli or fruit salad. Stressful work days, long shifts, and family commitments add to the time and energy challenge. Toss in work travel or shift work and it can be even harder to eat well.

The good news is you don't have to give up your favorite foods to achieve good health. As the **Chocoholic Nutritionist™**, Andrea is known for her down-to-earth approachability and balanced message about how to eat well and still have a life.

As a die-hard chocoholic married to a chipaholic-meatarian, she will inspire even the biggest nutrition naysayer to take action for improving their health at home, as well as their productivity and safety on the job.

Key Learning Objectives:

- 1 How you fuel your body has a direct and immediate impact on how you perform on the job (productivity, safety, confidence, creativity and stress management).
- 2 Achieving good health and optimal energy can be simple.
- 3 Healthy eating doesn't have to take oodles of time (and can include unbelievably tasty food).
- 4 Your eating habits influence how you feel at the end of a workday. Your work, hobbies, family and future retirement plans deserve the best of you!
- 5 Why eating with your co-workers and clients is a key way to build relationships, connection, workplace culture and satisfaction.
- 6 How to avoid burnout, the mid-afternoon energy crash and becoming "hangry" at work.
- 7 How to squeeze up to 50% more energy out of your day so your work AND you're personal life gets the best of you.
- 8 Navigating corporate lunches, travel and eating out without a doubt.
- 9 Simple strategies to manage stress eating, cravings and finding time for health.
- 10 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

Workplace Nutrition Initiatives

Reduce costs and elevate employee health & productivity



BREAKOUT SESSION OR WEBINAR

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Key benefit: Address the costs of mental health, chronic disease, and disability for workplace health and wellness (exclusively for HR professionals, health & safety managers, insurance companies, EFAP providers, or anyone who works in digital health, employee wellness, and group benefits).
.....

Food and eating is much like life; when you are having fun, you will be successful. You don't need complicated plans and a huge amount of time or resources. You also don't need to sacrifice your favorites to improve your wellness.

Feel better every day with bite-sized changes to your nutrition in this fun-filled energetic session that won't expect you to be perfect. Andrea will inspire you with the most important changes you can make to what or how you are eating for better energy, health, and achieving your personal best weight.

Key Learning Objectives:

- 1 Achieving good health and optimal energy can be simple. Food and eating should be fun! You don't need employees to sacrifice their favorites to be successful.
- 2 Nutrition and eating habits can have a profound impact on employee health, wellness and stress as well as workplace productivity, safety, confidence and creativity.
- 3 Nutrition is one of the most important areas to focus on to address unfavourable results in health risk assessments and biometric screening.
- 4 There are many top strategies and successful nutrition initiatives geared to improving employee wellness that can be adapted or borrowed for your organization.
- 5 Employee Baggage: review the biggest barriers getting in the way for employees to achieve a healthy lifestyle and eat well. Explore the various ways employees define health and healthy eating.
- 6 3 Bull's Eye Targets: learn the three key target groups all organizations should consider when developing workplace initiatives.
- 7 Learn the biggest mistakes program planners make when developing and launching nutrition initiatives and practical ideas on how to make them successful.
- 8 Leadership Baggage: explore the barriers your organization leaders may have when you want to launch new initiatives and how to get them to approve the budget and engaged in participating themselves.
- 9 Take home 8 of the best workplace nutrition practices and dozens of ideas for initiatives to consider.

Topic #5

Marketing to Health Conscious Consumers

The needs and trends of consumers that want to be healthier



BREAKOUT SESSION OR WEBINAR

Key benefit: Exclusively for the food, grocer, agriculture and restaurant industry that needs to understand the latest health and nutrition trends to enhance their credibility and sales.

How well do you understand the needs, buying decisions, and questions of health conscious consumers and those with medical issues? Are you coming up with ideas that will satisfy a hungry market that is starving for better solutions to their needs? Do you know what key opinion leaders that educate the public about health and wellness say about your offerings and marketing material?

Learn how to create choices, partnerships, and credible education for health conscious consumers. When you provide options that not only taste good but are also healthy, you will create a new following of loyal fans and profitability.

Key Learning Objectives:

- 1 Review the latest nutrition research and trends in health and wellness.
- 2 Learn about the multiple ways consumers define health and how this creates many opportunities for the food, grocery, agriculture and restaurant industry.
- 3 Understand the questions and concerns of three health conscious groups: general health advocates, weight loss focused consumers and those with health issues.
- 4 Find out how to translate the complex science of nutrition and food into simple positive messages that can work for your products, key messages and offerings.
- 5 Gain insight into new marketing and partnership ideas for key opinion leaders, health professionals and consumers.

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,
Founder of Pete's Wholesale/Retail Outlets and Luckett Vineyards

Shift Work Survival

Energy to thrive for energy demanding jobs



BREAKOUT SESSION OR WEBINAR

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Key benefit: Improve productivity and safety in high-risk or energy-demanding shift work jobs that are susceptible to stress and burnout.
.....

Healthy eating can be a challenge for anyone but shift workers have added pressures that make preparing and selecting nutritious choices even harder. Shift workers with poorly planned food choices can struggle with exhaustion, safety concerns, health issues, and weight concerns.

This session dives into the most important healthy eating strategies essential to fuel day and night shifts to help you manage your energy and improve your effectiveness both on the job and at home in your personal life.

The good news is, you don't have to become a nutrition guru or spend hours meal planning to achieve good health and productivity. Andrea will show you a simple formula for eating to deliver optimal fuel for shift work.

Key Learning Objectives:

- 1 Better eating habits can combat some of the challenges for shift workers related to energy, productivity and safety on the job as well as physical health, mental health and weight challenges.
- 2 Achieving good health and optimal energy as a shift worker can be simple.
- 3 How to squeeze up to 50% more energy out of your shift so your work AND you're personal life gets the best of you.
- 4 The NRG principle of: Nourish with nerdy nutritious meals; Refuel and rehydrate regularly; Give in to guilty pleasures and give up the non-essentials.
- 5 Understand the role of carbohydrates, protein and fat for your body and brain.
- 6 Meal planning before, during and after your day, afternoon and evening shifts.
- 7 Healthy snack attacks for shift workers to elevate energy.
- 8 How to minimize energy zappers and false energizers through your shift.
- 9 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

Topic #7

Power Nutrition for Women

Look & feel your best!



BREAKOUT SESSION OR WEBINAR

.....
Key benefit: Improve women's health, energy and meal planning success. Move towards a personal best weight (still eating the foods you love).
.....

Women are keenly interested in how to eat well and have a life while juggling competing priorities for work and family. As women's hormones and bodies change they will often experience mood swings, cravings, and challenges with emotional eating. In order to be successful women need practical, real-world solutions for a balanced lifestyle.

Achieving good health doesn't have to mean sacrificing your favorites, spending hours cooking, or studying complicated nutrition books. Learn healthy quick ideas to promote optimal energy levels, move towards your personal best weight, and feel your best.

Explore the most important nutrition issues concerning women and strategies to improve your health as well as the health of your whole family. Get inspired to live fully (both healthfully and soulfully) and improve your relationship with food and your body to live a more satisfying life.

Key Learning Objectives:

- 1 Achieving good health, meal planning success and optimal energy can be simple.
- 2 Understand what, when and how often to eat for women juggling busy schedules.
- 3 Explore how balanced nutrition can help women age gracefully and manage changes in their bodies.
- 4 Learn all the factors that influence weight and the best nutrition strategies to help women move towards their personal best weight (still eating foods they love).
- 5 Understand the science of carbohydrates, protein and fat and address questions about common fad diets.
- 6 Learn healthy and quick meal and snack ideas to fuel your day.
- 7 Explore strategies to manage cravings, tackle emotional eating and improve your relationship with food and your body.
- 8 Get empowered to achieve a healthful and joyous relationship with food and your body.
- 9 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

Show Me the Weigh!

Move towards your personal best weight
(still eating the foods you love)



BREAKOUT SESSION OR WEBINAR

Key benefit: Understand the science of achieving a personal best weight and improve health, wellness, and confidence through a non-dieting approach to eating.

If you've struggled with your weight, you know how challenging it can be to follow a restrictive (and annoying) diet. As the Chocoholic Nutritionist™, I don't eat perfectly myself and I certainly don't want to see anyone locked in diet prison or carry food guilt about imperfect choices.

See through nutrition quackery and popular fad diets by learning the science of how to achieve your personal best weight. Your personal best is achieved when you are eating healthfully, have a reasonable amount of physical activity, with still enough fun and flexibility to live a good life. Yes, this means eating nerdy nutritious foods, but this also means allowing for soulful foods chosen exclusively for taste and social enjoyment (like chips or chocolate).

Get answers to common questions about calories, carbs, protein, fats, and more. Discover the top weight management tips that can help you manage physical hunger, cravings for sweet and savoury food, and emotional eating.

Love ALL food and get inspired through a non-dieting approach you can live with for life.

Key Learning Objectives:

- 1 Explore all the factors that influence your weight.
- 2 Get better clarity on common reasons we underestimate our calorie intake.
- 3 Understand the most important factors for fullness in meal planning.
- 4 Learn how often to eat to help improve your efforts to move towards your personal best weight.
- 5 Maximize your results by adding accountability, understanding cravings and tackling emotional eating.
- 6 Explore the best eating plan for managing a healthy weight (hint, the best diet is the one you will actually follow).
- 7 Get empowered to achieve a healthful and joyous relationship with food and your body.
- 8 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

Topic #9

Meal Planning for Insanely Busy People

Meal prep, shopping, and time saving techniques for health in a hurry



BREAKOUT SESSION OR WEBINAR

.....
Key benefit: Improve practical skills in healthy meal planning, speedy shopping, and simplified cooking to reduce stress and improve health.
.....

Are you finding meal planning a drag? Do you often come home hangry at the end of the work day not knowing what to eat? Are you bored of your same-old food routine?

Find joy in the kitchen. There is a way to make meal planning easier. This can go a long way to improve your overall health, productivity, and achievement of your personal best weight. If you are time crunched and looking for quick meal ideas then this content rich session will inspire more fun and help you move forward with a personalized system for meal planning.

Learn about quick and healthy breakfast, lunch, supper, and snack ideas for a busy schedule that you and the whole family will enjoy. Review savvy grocery shopping and time saving techniques that even the busiest person can manage.

“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.”

Key Learning Objectives:

- 1 Understand your food personality profile and how this will influence the way you plan meals.
- 2 Explore 3 different timelines for when to meal plan that even the busiest person can manage.
- 3 Review Andrea's speedy 5 step Supper System for how to meal plan in minutes.
- 4 Learn quick and healthy meal and snack ideas that can work for you and your family.
- 5 Take home time saving tips, grocery shopping strategies and how to find more enjoyment in the kitchen.
- 6 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

Denise Russell, President
Alberta Society of Nutrition Managers

Topic #10

Eat Out Without a Doubt

Healthy choices on the go



BREAKOUT SESSION OR WEBINAR

.....
Key benefit: Improve practical skills in eating out healthy to improve health and wellness.
.....

Eating out many of your meals? Often travelling?
Running behind?

Making healthy food choices when you are grabbing food on the go, eating at airports or hotels can be a challenge. The good news is you don't have to be perfect! Learning to balance healthy choices in restaurants, fast-food outlets, and for take-out cuisine can improve your health, energy, and your ability to manage a healthy weight.

This session focuses on increasing your awareness of the restaurant environment, including nutrition issues, portion distortion, and cost saving measures that don't have your health at heart. We will also do a deep dive into a bank of ideas on quick and healthy breakfast, lunch, supper, and snack ideas specific to your schedule and eating environment.

Find out how to balance your favorite fun foods while eating on the go and still achieve good health.

Key Learning Objectives:

- 1 Understand the reasons why eating out can be challenging for your health, energy and productivity levels.
- 2 Learn about key overall strategies for success no matter where you are eating out.
- 3 Take home specific examples of breakfast, lunch, supper and snack ideas when eating out.
- 4 Compare common choices in restaurant and fast food meals and considerations for how to improve your choices.
- 5 Explore Andrea's favorite mantra for finding balance when it comes to eating out "When you are on your own eat your best, for social fun have the rest."
- 6 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

*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.*

Christopher Sprentz, Marketing Manager
SYSCO Calgary

Heart Health Nutrition

Lighthearted strategies for your heart



BREAKOUT SESSION OR WEBINAR

Key benefit: Improve cardiovascular health, reduce utilization of high blood pressure and high cholesterol medication, and lower disability costs for cardiovascular medical leaves.

Do you have a personal or family history of heart attack, stroke, high blood cholesterol, or high blood pressure? This session is for you! Understand nutrition for a healthy heart and strategies for lowering high blood pressure and high blood cholesterol levels.

Find out which foods promote heart health and how you can reduce your risk of heart disease. Explore the good, the bad, and the ugly about dietary fats and the role of sodium, antioxidants, fibre, and other key nutrients in your overall heart health.

Understand how small changes can make a huge difference to your cardiovascular health (without giving up your favorite fun foods!).

Andrea's presentation was very entertaining, engaging and inspiring. I loved the personal approach. It was good to see the material presented in a manner that could be well received by the audience who for the most part would be unwilling/open to changing their diet for the better.

Key Learning Objectives:

- 1 Understand the causes of heart attack, stroke, high blood cholesterol and high blood pressure.
- 2 Learn how to maximize your nutrition to ensure you are eating the healthiest foods to optimize your heart health.
- 3 Understand the food sources and health effects of monounsaturated fat, omega 3 fatty acids, saturated fat, trans fat and dietary cholesterol for your heart health.
- 4 Explore the role of key nutrients such as sodium, antioxidants, fibre and more for your heart health.
- 5 Get answers to frequently asked questions and fad diets related to cardiovascular health.
- 6 Food and eating should be fun! You don't need to sacrifice your favorites to be successful.

Brandon Buchholz, Health Care Aide

Attendee of First Nations and Inuit Health: Health Care Aide Training Day

Success Stories

We have worked with Registered Dietitian Andrea Holwegner to organize 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 is a **very engaging speaker** who **tailors her talks** to the needs of the group. She has great nutritional advice geared towards keeping your **energy levels at a premium for shift workers**. Her **humour and customization** of materials caters to balancing effectively between being a busy mom and a nurse. She was the **vibrant closing keynote speaker** for our conference and despite speaking to health professionals (many of which were quite healthy), the audience was pleasantly surprised with how much they took away from the session.

Clare Puzey RN, BN, CCN(C), ACCN, Clinical Nurse Educator
Canadian Council of Cardiovascular Nurses

What is Andrea best known for?



Effortless to work with

Event planners and speaker bureaus love working with Andrea given her exceptional, well-organized pre and post event checklist and homework she completes to customize programs to WOW an audience.

FUN!

As the **Chocoholic Nutritionist™** Andrea is known for her refreshing approachability, humor, and down-to-earth message about how to eat well and still have a life. She is a busy working mom, married to a chipaholic-meatatarian, and is personally a die-hard chocoholic.

Simplifier

She has the ability to translate the complex science of medicine, nutrition, and health into easy to understand, relevant strategies that even 'nutrition naysayers' or those with the most stressful busy schedules can use.

Credentials

Andrea is a university-trained Registered Dietitian and founder and CEO of Health Stand Nutrition Consulting Inc. since 2000. She has counseled Team Canada Olympians, and is an author and facilitator of a global online nutrition course The Pursuit of Healthiness™.

Award-winning

She is the recipient of the Dietitians of Canada award: The Speaking of Food & Healthy Living Award for Excellence in Consumer Education. She also has an award-winning blog and popular online newsletter enjoyed by thousands every week.



**The Speaking of Food
and Healthy Living Award**
Excellence in Consumer Communication

Diverse Clients

Outside of speaking at conferences and conventions in diverse industries, Andrea has completed consulting projects in corporate health at Imperial Oil and Chevron as well as nutrition communications for national companies such as Jugo Juice, Buy-Low Foods/Associated Grocers, and Brightpath Early Learning Inc.

Media Presence

Andrea has been an on-air expert for Global Calgary Morning News, Breakfast Television, CTV Morning News, QR77 Radio, and CBC News. She has written for the Calgary Herald newspaper and has been interviewed by CBC Radio in almost every province in Canada.

When should Andrea be suggested for an event?



When *you or your client:*

- ✔ Experience heavy work demands and high stress, and need time-sensitive strategies you can implement right away to help boost personal energy and resiliency.
- ✔ Struggle with health and wellness concerns that are resulting in higher health benefit costs, more absenteeism, and lost productivity.
- ✔ Are looking for a new, more specific session related to health, wellness, stress, productivity, and personal development instead of general or generic sessions.
- ✔ Desire an approachable, balanced, and non-extreme perspective on wellness with an understanding of the complexities of juggling a busy schedule.
- ✔ Want a high-energy, fun speaker that can connect with both those engaged in a healthy lifestyle but also those that have unhealthy habits, and are a skeptical nutrition naysayer.

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

*Make health and wellness speaking engagements **relevant and FUN!***

Success Stories

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.

As a **construction company**, we select speakers who can relate to our industry and its employees. Andrea's message was delivered with **humor and empathy**. 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

Value Added Options



When you hire Andrea she is committed to providing your organization with superior value and flexibility to utilize her expertise where you see fit. Outside of a standard keynote, here are some of the other ways Andrea can help make your event a success:

- 1 Additional breakout session on a different or repeat topic for the same event or additional event.
- 2 Breakfast or lunch meeting with leaders or decision makers to discuss personal questions and/or what other organizations are doing to solve health, productivity and stress issues in their workplace.
- 3 "Ask the chocoholic nutritionist" booth over lunch or at your expo/exhibit for attendees to ask Andrea personal questions.
- 4 A package of articles, recipes and resources for your conference bags, upcoming company newsletter, health and wellness program or online learning.
- 5 Suggestions for caterers to help "walk the talk" for healthy meals and snacks at your event.
- 6 The option to subscribe to Andrea's popular e-newsletter enjoyed by thousands of people each week to receive health tips, the latest nutrition advice and healthy recipes.
- 7 Purchase copies of Andrea's popular hard copy or digital Meal Planner Kits for practical education on healthy meal planning. (Bulk discount pricing is available).
- 8 Develop a list of healthy catering menu options for your organization using existing and new vendors.
- 9 Video tape Andrea's session for team members that were away and/or future members of your organization.
- 10 Follow-up live events, online courses, webinars, onsite nutrition counselling or virtual nutrition counselling to further the impact of Andrea's message and dive into more specific challenges of your team.

*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.*

Who we work with

Andrea works with diverse workplaces but her BEST work is often with the following groups:



Wellness Focused Groups

Corporate, government, association, or conference groups that need to elevate employee health.

Stressed-out Employees

Those that have high-stress, fast-paced work demands, and are prone to burnout.

Disengaged, Unhealthy Employees

Supporting the most skeptical naysayers to take action to improve their health.

High Risk Operators & Shift Workers

Working with your health and safety team to ensure your employees are safe and productive.

Sales Teams

Elevate confidence, energy, and vitality to effectively increase business.

Creative Teams & Tech Companies

Educating your team to show up with optimal brain power to fuel genius and flow.

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
Global Morning News Calgary

Client Highlight

Andrea has had the pleasure of working with diverse clients from a wide variety of industries.

CORPORATE, LAW, FINANCIAL AND OIL & GAS

ATB Financial®

BD&P | Burnet, Duckworth & Palmer LLP
Law Firm

ENBRIDGE®

encana

Imperial

Chevron

FISHER
CONSTRUCTION GROUP

GIENOW
WINDOWS & DOORS

INTERNATIONAL BROTHERHOOD OF ELECTRICAL WORKERS

Upside
ENGINEERING

HEALTH, MEDICAL AND PHARMACEUTICAL

Alberta Health Services
Laboratory & Diagnostic Imaging

Alberta
ASNM Society of Nutrition Management

Ben Caff Robe Society
Our Children Are Sacred

DIABETES CANADA

UNA
United Nurses of Alberta

Bristol-Myers Squibb

CALGARY & DISTRICT
CD & DS
SOCIETY

GLOBAL
FITNESS & RACQUET CENTRE

Health Canada
Santé Canada

DEPARTMENT OF PEDIATRICS
CALGARY

GOVERNMENT AND EDUCATION

brightpath
EARLY LEARNING & CHILD CARE

CALGARY
POLICE SERVICE

CANADIAN SPORT INSTITUTE
INSTITUT CANADIEN DU SPORT
CALGARY

Calgary and Area
Child and Family Services Authority

Calgary

Alberta
Justice and Solicitor General

Canada
Employment and Social Development Canada

LEGISLATIVE ASSEMBLY
SASKATCHEWAN

LegalAid
EST. 1974 SASKATCHEWAN

MOUNT ROYAL
UNIVERSITY
1910

Client Highlight

Andrea has had the pleasure of working with diverse clients from a wide variety of industries.

ASSOCIATION AND NON-PROFIT



FOOD INDUSTRY



PUBLIC RELATIONS AND PAID MEDIA



Other Supporting Services

In addition to professional speaking services, Andrea and her team of Registered Dietitians offer in-person and virtual workplace nutrition solutions including:



Onsite & Virtual Nutrition Counseling

Professional Registered Dietitians to help your employees privately navigate health and wellness goals and concerns.



Online Nutrition Course for Employees

Help your employees achieve better health, meal planning success and move towards their personal best weight (still eating foods they love).

Resource *Mega Bank*

Regardless if you are looking for meal planning resources, healthy recipes, nutrition articles and trustworthy resources for balanced living, we've got you covered.



Meal Planning Kits

Grab copies of our most popular nutrition resources for meal prep.



Recipes & Menus

Get inspired by our resource bank of tasty recipes and meal ideas!



Nutrition Articles

Access our extensive list of healthy eating articles and nutrition videos.



Employee Nutrition Newsletter

Find out why thousands of people subscribe to our weekly SoundBites, one of our richest resources!



Employer Nutrition Newsletter

Access quarterly updates on workplace nutrition, corporate health, and employee wellness trends.

For more information, please ask the Speaker Bureau that provided you with this brochure.



Success Stories

Hi Andrea. **I was on your webinar with you several months ago. If anything you've given me at least a mindset I can follow.** It's nice to hear that I don't have to give everything up, and since then I've been trying harder than I've ever had, and I still have things when I want them, but I don't do the whole cheat day thing, I think that throws a lot of people off. I'd rather just have a bit of something when I want it. **I just hit 40 lbs gone,** and am looking forward to the next 40. I'm still not perfect in how I eat, and I don't think I can be, but what I'm doing seems to be working. And I still get my chocolate too...lol...I just try to have it a little at a time. Thanks for changing my mind.

Glenn DuHart, Webinar Attendee
Government of Canada (Employment and Social Development Canada)

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

Success Stories

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)

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

I am a family physician who sees patients with a myriad of eating concerns – from wanting to know how to plan healthy meals for active families, to weight loss, to eating disorders, and so on. I cannot recommend the Health Stand team highly enough. I have worked with (and been to!) other dietitians in the past and too often find that they just ask for food logs and make suggestions that are easily obtained online or in books. The dietitians at Health Stand offer much more than just telling clients what they "should be eating." In contrast, the team really does more of a counselling practice, and **they work hard to help their clients learn more about why their eating habits may be off track and not optimal for them, as well as helping people to effect change at a deep level that, most importantly, is sustainable for lifetime health**.

Dr. Deb Putnam, Family Physician
Nutrition Counseling Client & Referring Physician



Andrea Holwegner BSc, RD

The Chocoholic Nutritionist™

CEO (Chief Energy Officer), Health Stand Nutrition Consulting Inc.
Media Expert, Online Course Facilitator & Professional Speaker

Andrea Holwegner is the energetic 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 has counseled thousands of individuals and groups, including Olympic athletes, CEOs and employees in all different types of industries. She is also known as the chocoholic nutritionist, believing anyone can achieve health without guilt or complexity, and that the secret to success is having fun.

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.

Andrea is the creator of a one-of-a-kind online nutrition program The Pursuit of Healthiness™ that focuses on helping busy people and time-strapped employees in companies achieve better health, meal planning success and move towards their personal best weight.

Andrea is one of a handful of Registered Dietitians in North America who are qualified professional speakers. She knows how to deliver relevant content mixed with humor and fun, capturing corporate, association and government audiences with a buzz that's better than caffeine! Her simple ideas elevate productivity, work-life balance and health in a wide range of corporate, government and association audiences.

Andrea is a regular guest in the media and has been an on-air expert for Global Calgary Morning News, Breakfast Television, CTV Morning News, QR77 Radio and CBC News. She has written for the Calgary Herald newspaper and has been interviewed by CBC Radio in almost every province in Canada.

As a consultant on health trends and spokesperson for the food, grocery and restaurant industry, companies such as the healthy smoothie franchise Jugo Juice work and AG/Buy-Low Foods work with Andrea for her understanding of health-conscious consumers and to enhance credibility of marketing initiatives. Andrea is also the nutrition consultant for Brightpath Early Learning Inc., a publicly-traded company and leader in Canadian childcare.

Packed with knowledge, Andrea has/is:

- ✓ A Bachelor of Science degree in Nutrition & Food Sciences and Dietetic Internship from the University of Alberta.
- ✓ A certified Craving Change™ expert specializing in strategies for problematic and emotional eating
- ✓ A member of the Dietitians of Canada, the College of Dietitians of Alberta, the Canadian Association of Professional Speakers and the Global Speakers Federation
- ✓ A member of the Employee Health Insurance Advisory Committee and Private Practice Interest Group for the Dietitians of Canada
- ✓ Recipient of a regional award by the Dietitians of Canada: The Speaking of Food & Healthy Living Award for Excellence in Consumer Education.

In her spare time, Andrea enjoys skiing and mountain biking in the Canadian Rockies. As a foodie she also adores 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.



Get in touch with Andrea!

For more information please ask the Speaker Bureau that provided you with this brochure.