



Andrea Holwegner BSc, RD

Nutrition expert Andrea Holwegner is founder and president of Health Stand Nutrition Consulting Inc. since 2000 based in Calgary, Alberta, Canada. She has counseled hundreds of individuals including Olympic athletes on the benefits of healthy eating. Andrea is the *chocoholic dietitian* and believes in eating *fully* - both *healthfully* and *soulfully*.

Andrea is an inspiring professional speaker who captures audiences with a buzz that's better than caffeine with simple nutrition and lifestyle ideas to look and feel your best everyday. Her message is not just about food, it's about LIFE and achieving better balance, energy and health.

This dynamic nutrition guru is a regular contributor for CBC News Online and is often asked to give her professional advice for such national publications such as Canadian Living, Chatelaine and Today's Parent. Andrea has also made a name for herself on camera, having appeared as the dietitian on the Life Network's popular reality weight loss show "Taking it Off," CTV National News and CBC News Today Newsworld. She's also been interviewed by CBC radio in almost every province in Canada. Closer to home, she regularly provides the 'goods on food' to Global News-Morning, CITY-TV's Breakfast Television and CFCN News at Noon in Calgary.

With a Bachelor of Science degree in Nutrition and Food Sciences, Andrea completed a Dietetic Internship to become a Registered Dietitian. She is a regulated member of the Dietitians of Canada, the College of Dietitians of Alberta, the Canadian Association of Professional Speakers and acts as a media expert for the Dietitians of Canada.

In her spare time, Andrea enjoys sipping wine with her husband over a good meal. She loves to pursue her favorite sports of backcountry skiing, hiking and rock climbing in the Canadian Rockies.

