

Nutrition ideas for real people - not perfect people.

The **Chocoholic** Dietitian



ANDREA AT A GLANCE

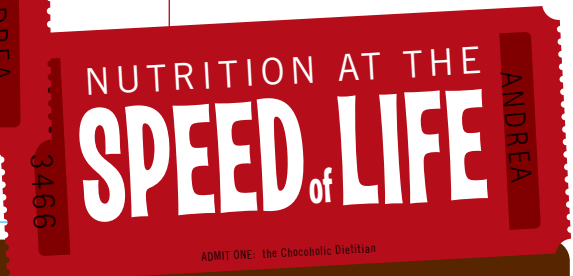
Andrea is President & Founder of Health Stand Nutrition Consulting Inc.

Based in Calgary since 2000, she has counseled hundreds of individuals and groups on healthy eating.

- Regulated member of the College of Dietitians of Alberta
- Designated media spokesperson and member of the Dietitians of Canada
- Consultant to Team Canada Olympic athletes
- A regular guest on CityTV, Global News & CFCN News
- Interviewed by CBC radio in almost every province in Canada
- Quoted regularly in national publications such as Chatelaine, Canadian Living and Today's Parent
- Die hard CHOCOHOLIC!

Looking For **A CONFERENCE CAFFEINATOR?**

Whether you're planning a conference keynote, breakout session, corporate event or retreat, Andrea's message creates a buzz that's better than caffeine.



Chew on This!

Andrea's keynotes spark motivation for wellness change. Her message is not just about food, it's about LIFE and achieving better balance, energy & health.

You can count on her boundless energy, credible expertise & ability to entertain.

Testimonials ...

"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

"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.



KEYNOTES - WORKSHOPS - RETREATS - COACHING



Energizing Keynotes

NUTRITION AT THE SPEED OF LIFE!

Sound bites for busy people.

We are juggling more responsibilities and commitments than ever before. To help us keep up with the speed of life, food manufacturers are providing more convenience foods and the fast food industry is selling us take-away food to gobble down hastily. We eat out, at our desk at work, in our car, and in front of the TV...in many cases we eat unconsciously everywhere but the kitchen table with our families. But does sacrificing time to eat really help us? Hear Andrea speak about the fascinating value of the family meal and what we can learn from other captivating cultures around the world. Andrea will stir up the notion that how you eat is as important as what you eat. Andrea's voice of reason will guide you through a journey of reconnecting with food, trimming time traps, and building a roaring reliable routine that will help you balance the speed of life and healthy eating.

Bite-sized Changes for SUPERSIZED RESULTS

Nutrition for better energy, health and weight management.

We live in a culture of "quick-fix" solutions that attempt to sell us energy, health, and weight loss...fast. The trouble is, buying into a quick-fix won't fuel a long-term solution. What if instead of an "extreme makeover" you decided to set realistic goals and learned how to challenge yourself to succeed rather than fail? Learn what not to do from her past clients she calls the "stuck-strugglers" and find out the best strategies used by her clients she considers the "shaker-movers." Andrea will leave you with her top 5 places to focus your intention (FYI) and encourage you to consider that imperfect is perfect. If you take nibbles at the big nutrition goals you are striving for, you will have profound changes in your energy, health and weight management each day!

THE WEIGHT OF THE WORLD

Uplifting views from a Chocoholic Dietitian.

We are a nation obsessed with controlling our food and weight. We are surrounded by fast food, "all you can eat" buffets, fat and calorie-laden convenience foods and portion distortion. At the same time we are obsessed with dieting, underweight fashion models, gimmicks and the "latest and greatest" cure-all health books. Andrea believes we live in a culture that is ironically saying "eat...but don't eat" and as a result we are getting fatter, unhealthier, and more disordered in our relationship with food and our bodies. Is there a way to really have it all...good health, a balanced weight, and take pleasure in eating ALL the foods you like? Absolutely! Andrea, a die-hard chocoholic, speaks about her key steps to uplift the weight of the world and truly match eating enjoyment with health. Toss fad diets and sexy-instafixes aside and get a taste of what happens when you try to eat better rather than attempt to eat right.

Testimonials ...

"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

"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

PARTIAL CLIENT LIST

Alberta Justice	Canada Summer Games	IHS Energy	Skate Canada
Alberta Teachers Association	Canadian Sport Centre Calgary	Indian Oil & Gas	Spalding National Coaching Clinic
ARC Resources Ltd.	City of Calgary	Inter Pipeline Fund	Strathcona Tweedsmuir School
Assante Financial Management Ltd.	Crape Geomatics	Palliser Health Region Physicians	Swimming Canada
Associate Family Medical	Devon Canada	Paradigm Solutions	Town of Crossfield
Bank of Montreal	Fleishman-Hillard Canada Inc.	Provident Energy Ltd.	University of Calgary Medical Students
BDP Law Firm	GEDCO	RGO Office Products	Walton International
Calgary Board of Education	Hockey Canada	Roche Pharmaceuticals	Wild Rose Foundation, Voluntary Sector

