



*Nutrition ideas for real people -
not perfect people.*

The **Chocoholic** *Dietitian*

- 1 KEYNOTES** that **HELP** you **ACHIEVE** more oomph!
- 2 WORKSHOPS** that **ENERGIZE** you and your team.
- 3 RETREATS** to **REVIVE** your workplace.
- 4 COACHING YOU** to **FEEL & BE YOUR BEST!**

262 3466

Looking For
**A WORKPLACE
CAFFEINATOR**
?

ANDREA

ADMIT ONE: the Chocoholic Dietitian

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bite-sized changes for
**SUPERSIZED
RESULTS**

ANDREA

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**NUTRITION AT THE
SPEED_{of} LIFE**

ANDREA

ADMIT ONE: the Chocoholic Dietitian

"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 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.

- Designated media spokesperson and member of the Dietitians of Canada
- Regulated member of the College of Dietitians of Alberta
- Canadian Association of Professional Speakers
- International Federation for Professional Speakers
- Consultant to Team Canada Olympic athletes
- Writes for various newspapers and magazines
- A regular guest on CityTV, Global and CTV
- Die hard CHOCOHOLIC!

CHEW ON THIS! ANDREA'S TOP 5 ROI'S

- 1 Her workplace caffeinator solutions will help you BE MORE PRODUCTIVE and HAVE THE ENERGY needed for work and play.**
- 2 Andrea's snack attacks will help you BOUNCE BACK FROM STRESS and heavy work demands.**
- 3 Boost physical health to REDUCE ILLNESS and sick time with Andrea's wealth of health nutrition tips.**
- 4 Andrea's ideas for MEALS IN MINUTES will help you LOOK AND FEEL YOUR BEST everyday.**
- 5 BALANCE ALL FOODS and squeeze healthy eating into a fast-paced world with Andrea's tips for nutrition at the speed of life.**

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





ANDREA'S IMPACT

SPARKS motivation for nutrition change.

PROPELS momentum with practical ideas.

ENCOURAGES sustainable change that sticks.

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

Combining lessons learned from counseling hundreds of clients and insights as the *Chocoholic Dietitian*, Andrea will show you the recipe for success is learning how to enjoy guilt-free eating and balance ALL foods! **Even Chocolate!**

In our fast-paced world, healthy eating is becoming harder to achieve. Andrea helps you learn about *nutrition at the speed of life!*

Nourish yourself and your team with *bite-sized changes for supersized results.*

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



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



SAMPLE KEYNOTES



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. When you strive for radical change, set rigid goals and deprive yourself of enjoyable foods, you set yourself up to fail and revert back to your old habits. What if instead of an “extreme makeover” you decided to set realistic goals and learned how to challenge yourself to succeed rather than fail? Andrea highlights what you can learn from the hundreds of past clients she has seen trying to make change. Learn what not to do from those 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*. Little changes in your eating can have profound changes in your energy, health and weight management each day. If you take nibbles at the big nutrition goals you are striving for, you will get there faster than you think – and be able to stick with them!

NUTRITION at the SPEED OF LIFE!

Sound bites for busy people.

We are juggling more responsibilities and commitments than ever before. We have more work worries, job stress, and obligations that steal time and energy away from our families and personal fun. To help us keep up with the speed of life, food manufacturers are happy to pump out thousands of new convenience, ready-to-serve foods every year to help us cut corners. The fast food industry has set up locations in every community to provide us with take-away food to gobble down hastily. In some cases, eating has become a nuisance and something else to check off the “to-do” list. 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, and will inspire you to look at eating as something more than just for health and energy, but for nourishing enjoyment and relationships. Andrea's voice of reason amongst a maze of clutter 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.

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. There are “fat-free, low-carb, low-calorie, high-fibre” specialty foods with a promise for weight loss and health. There are lists of “good foods” and “bad foods”, and programs that replace meals with boxed portioned food and special shakes or bars. 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 3 key steps to uplift the weight of the world and truly match eating enjoyment with health. Toss fad diets and sexy-instafixes aside and find out the remarkable things you can learn about eating from kids. Andrea will inspire you with a taste of what happens when you try to eat better rather than attempt to eat right. Andrea's winning combination of “guilt-free” eating and balancing ALL foods really is the recipe for success.





COACHING & RETREATS

Looking for a long lasting buzz?

Andrea's keynotes will "caffeinate" and inspire your team, while personalized coaching helps keep them buzzing.

There are hundreds of ways to eat well and balance your nutrition. Coaching sessions are customized just for you! Since we all have different preferences, goals and concerns, we believe in personalizing plans. Working one-on-one is the best way to achieve success and sustainability for the long run.

Coaching is designed to dive deeper into food habits and allow for practice, follow-up and discussion. Investing in a coaching package onsite at your workplace or at Andrea's office will inspire nutrition change that sticks.

Revive to Thrive!

Leave the distractions of the office behind and jump into a retreat that will WOW your team and inspire wellness change.

Andrea partners with two other leading health professionals that will help your organization with a fresh, professional approach to fitness, nutrition and psychology. Enjoy a peaceful atmosphere, healthy meals and time to reflect.

Testimonials ...

"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

"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

PARTIAL CLIENT LIST

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

