

Media Kit: Kristyn's Bio

Kristyn is the CEO (Chief Energizing Officer & Chief Eating Officer) with Energize Nutrition.

She is a high-energy and knowledgeable Nutritionist and Dietitian. Drawing from 17 years of experience, she'll infect you with her passion and enthusiasm for good quality food and sound nutrition.

Kristyn has worked with hundreds of women and men over the age of 40 years, inspiring them to use food as fuel for their vitality and wellness, one bite at a time. Kristyn leads health-inspired cooking classes and food demonstrations for the public and health professionals, helping people discover the pleasure of eating great-tasting food that nourishes their health and wellness. Kristyn offers nutrition coaching, helping clients feel vibrant and well, one bite at a time.

As a Food, Nutrition and Culinary Coach, Kristyn has received several accolades from past clients:

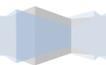
- "Kristyn was great – she has so much energy. Very informative".
- "Engaging and enthusiastic. Very knowledgeable".
- "Kristyn is fun and positive".
- "Awesome. Easy to understand and friendly."
- "Kristyn is informative, welcoming and very good at answering questions"
- "Very pleasant personality - enthusiastic and passionate about nutrition and food".

"Kristyn is an amazing resource on all things food, nutrition and well-being. She's always ready to serve up satisfying solutions whether actual food or lifestyle strategies. She is the real deal as an example of healthy living. From working together on a national Board and in a MasterMind group, she is highly professional, always dependable and exceptionally organized. She works with a warm, collaborative style and always finds a way to bring out the best in people."

Patricia Chuey, MSc, RD - Foodtritionist & Author - www.patriciachuey.com

Kristyn was named as one of the Top 10 Dietitians in Calgary, 2016. She was also named a Centennial Alumni of Influence by the College of Pharmacy and Nutrition, University of Saskatchewan in June 2014. Kristyn is an active contributor to Dietitians of Canada, receiving two Volunteer Recognition Awards from this national professional association.

Kristyn "lives it to lead it", eating (mostly) nourishing food to fuel an active lifestyle, while saving room



for indulgence! Kristyn has completed several 10 km road races, two sprint triathlons, two Gran Fondos, and has run three half marathons. She is a busy mother of two very active boys. Kristyn is in her 17th year of practice as a nutritionist/dietitian, and also has a certificate in Culinary Arts.

Ready to energize your youth, vitality and wellness? Work with me!

