



# Gisela Bouvier

NUTRITION

As Seen In

**Forbes**



**Newsweek**



*well+*  
**GOOD**

**mbg**  
mindbodygreen



## GISELA BOUVIER, MBA, RDN

I am a registered dietitian nutritionist in Southwest FL. As a corporate wellness dietitian and mindful eating expert, I focus on helping busy gen-X and millennial professionals re-prioritize their nutrition. My goal is to take away mindless eating while working, simplify healthy nourishment, and make nutrition a strong core of company corporate wellness once again.

As a Latina-American dietitian, I work with the media, both in English and Spanish. My media services include television segments, satellite media tours, social media posts and videos, article contributions, blogging, and any way a brand is seeking to collaborate.



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1100



5500



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# SERVICES

## Appearances & Interviews:

Television & Broadcast Interviews  
Satellite Media Tours  
Webinar & Lecture Presentations  
Talent at Tradeshows & Events

## Quotes & Social Media:

Media Interviews  
Tips & Quotes for Press Releases  
Social Media Posts - Instagram,  
Facebook & LinkedIn  
Instagram & Facebook Lives

## Content Creation:

Blog Post Creation  
E-Newsletters to Gisela Bouvier  
Nutrition Audience  
Meal Plan Development  
Healthcare Practitioner Tool Kit  
Education Video Series  
Educational Handout Downloadables



# CERTIFICATIONS & AWARDS

Best of Charlotte County - Best  
Dietitian Award - 2022

Excellence in Speaking Certification  
- 2021

Certified Spanish Interpreter by  
ALTA Language Services - 2011

## RECENT MEDIA APPEARANCES



Back to School Nutrition

**Forbes**

How to Become a  
Vegetarian and Stick to It



18 Things to Make Your  
Lunch More Satisfying

*well+*  
**GOOD**

The Very Best Trader Joe's  
Jarred Pasta Sauces