



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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1300



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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 & 2023

Excellence in Speaking Certification -
2021

Certified Spanish Interpreter by ALTA
Language Services - 2011

RECENT MEDIA APPEARANCES



National Nutrition
Month

Forbes

How to Become a
Vegetarian and Stick to It



Your New Favorite
Beverage & Meal

well+
GOOD

The Very Best Trader Joe's
Jarred Pasta Sauces