

MOLLY KIMBALL, RD/CSSD

Molly Kimball, RD, CSSD, is a well-respected nutrition expert, specializing in 'lifestyle' nutrition: teaching people how to integrate real-world nutrition changes into their daily lives, and to incorporate their favorite indulgences into balanced, healthy diets. An established nutrition consultant, she is a registered dietitian, and board certified as a specialist in sports dietetics.

As a nutrition columnist for The Times-Picayune newspaper, Molly covers the latest trends in the nutrition and the fitness industry. She is also the nutrition and fitness expert for WGNO News, with a weekly segment on Good Morning New Orleans, *Get the Skinny with Molly*, and a weekly segment on WGNO's News with a Twist, *In the Kitchen with Molly*.

Molly has collaborated with local chefs and restaurants to create Ochsner's *Eat Fit NOLA*, a free partnership that highlights the better-for-you items, right on the menu.

WHAT MOLLY OFFERS

MEDIA RELATIONS: Molly's extensive media training, combined with her years of experience as a nutrition expert on local and national news features, enables Molly to connect with large audiences as she skillfully translates nutrition science into real-world information that people can apply to their daily lives.

SPEAKER: A dynamic speaker, Molly has a relaxed, matter-of-fact approach to nutrition. She effortlessly translates nutrition science into practical, easy-to-use information. A member of the National Speakers Association, her presentations are customized to suit each specific audience, ranging from busy executives to competitive athletes to stay-at-home moms.

WRITER: An experienced writer, Molly is available to provide nutrition content for publications ranging from national magazines to company newsletters.

CONSULTANT: Molly's consulting services include corporate wellness presentations, product development, menu evaluation, and more.

MORE FROM MOLLY

MOLLY'S WEBSITE: <http://www.mollykimball.com>

MOLLY ON TV: <http://www.wgno.com/gettheskinny>

MOLLY'S COLUMN: <http://connect.nola.com/user/mkimball/posts.html>

MOLLY ON THE RADIO:

<http://www.wrno.com/media/podcast-the-chef-and-the-doc-chefanddoc/>

CONTACT MOLLY

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Molly has been featured as an expert nutritionist in national media outlets, including:

- The New York Times
- Vogue
- Newsweek
- Shape
- Health
- Fitness
- Runner's World
- Wine Enthusiast
- Cosmopolitan
- ABCNews.com
- WebMD.com
- CNN.com

Follow Molly on social media

