

GINNY ERWIN MS, RD, LDN, CFT



Growing up in beautiful Sonoma County California gave Ginny a true appreciation of nature and natural foods. Ginny's passion for living a healthy lifestyle is how she helps to motivate and coach others to practice preventative health care, she calls *Self-care*.

She graduated from the University of Illinois at Chicago with a bachelor's degree in Nutrition and Dietetics, and a master's degree in Nutrition Communications and Marketing.

Ginny is a registered, licensed dietitian. She is also a certified fitness trainer with the American Council on Exercise. She is a recognized expert in sports nutrition, fitness, and wellness counseling. Ginny is one of only a handful of dietitians that is certified by the American Dietetic Association in Adult and Childhood Weight Management.

Currently, Ginny heading up the nutrition division at the Institute of Human Performance in Boca Raton, FL. Her services include: nutrition counseling, nutrition seminars, "healthy house calls", grocery store tours, and culinary-nutrition classes.

Ginny co-authored a children's book called "What Color is a Pickle Pie". A fun colorful story that encourages children to eat their fruits and vegetables. Ginny is a member of the American Dietetic Association, Palm Beach Dietetic Association, Food & Culinary Dietetics Practice Group, and is a member of the American Council on Exercise and the American Council of Sports Medicine.

