

MS, RDN, RYT SEEKING TO HELP COUPLES FIND THEIR HAPPILY, HEALTH-FULLY EVER AFTER



ABOUT NUTRITION NUPTIALS:

I maintain an
engaging nutrition

and fitness blog for couples. The sweet spot for my readers is those who are newly married or living together, and are starting to form a life as one and may need some assistance merging two different lifestyles. However, my readership expands to those who are either waiting to meet that special someone, or they have just celebrated their 52nd wedding anniversary. Everyone can benefit from some extra nutrition, fitness and wellness advice in their life! Nutrition Nuptials is dedicated to helping lovebirds create healthy habits with information and tips that last... 'til death do us part.

MY [IDEAL] PARTNERS:

- Supportive couples embarking on making healthy changes
- Food and beverage brands who share my passion for healthy couples
- Corporate fitness, health and wellness clients
- Your name here!

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If you're interested in adding some sparkle to your brand, I highly suggest hiring Mandy as your corporate nutrition representative. Mandy is a sought-after speaker who lends credibility to the messaging you wish to convey. Mandy's bubbly nature, her intelligence, her gift for truly connecting with her listeners – these attributes are golden in today's fast-paced, highly-saturated media marketplace!”

*– Felicia D. Stoler, DCN, MS, RDN, FACSM, FAND
Dietitian • Spokesperson • Author*



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ABOUT MANDY:

I am a Registered Dietitian Nutritionist and giddily-married owner of a private practice based along the Jersey Shore. My philosophy for nutrition and wellness is to Reduce the Excuses by making change with the right guidance and motivation. I am also a Registered Yoga Teacher who is married to practicing yoga and stand-up paddle boarding.

MANDY ENRIGHT, MS, RDN, RYT

AS SEEN IN...

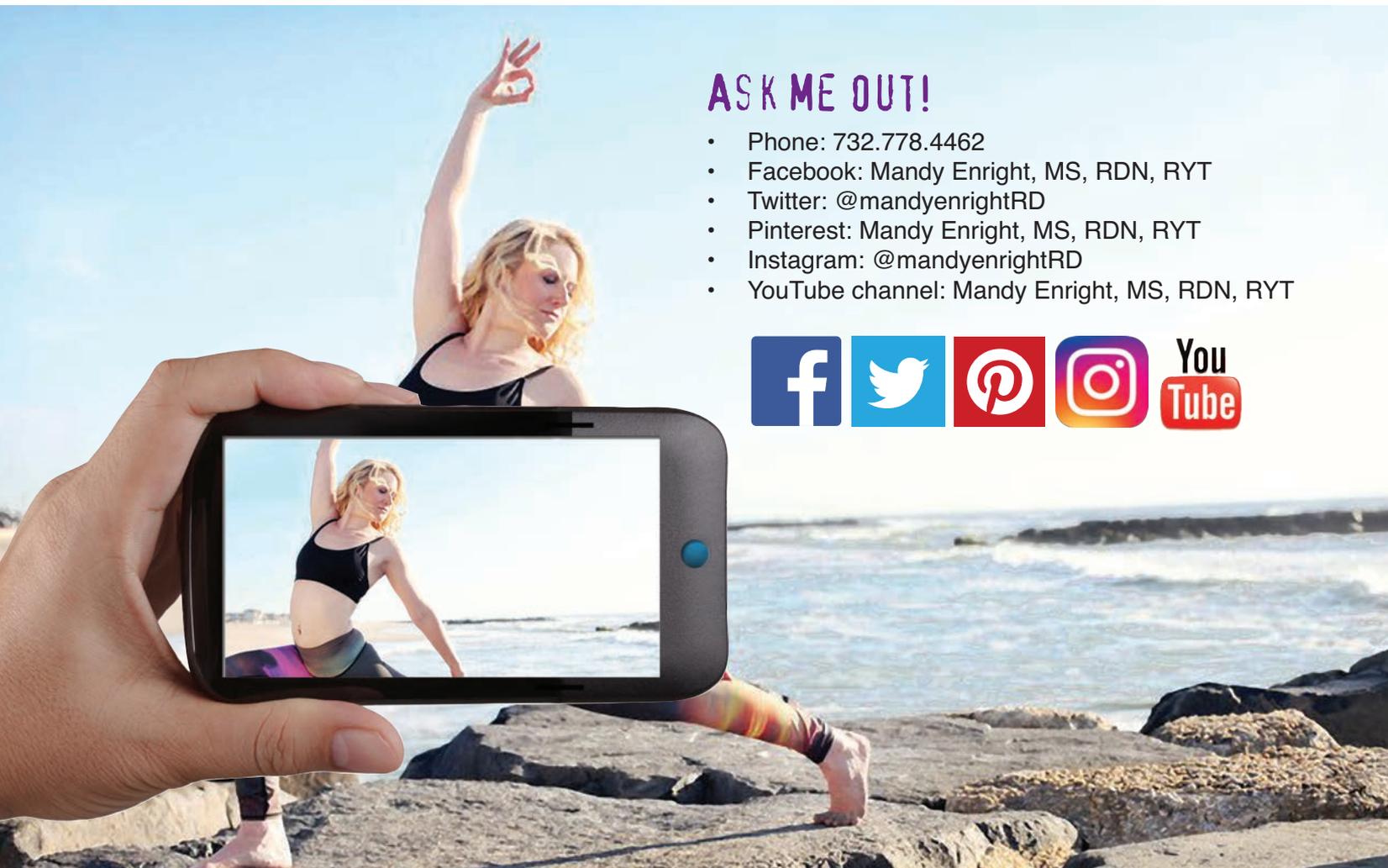
I serve as the New Jersey Academy of Nutrition and Dietetics Media Representative; I have conducted over 40 interviews on topics such as healthy snacking, working out as a couple, staying fit during the holidays, newlywed nutrition and many more. You may have seen me in: Today's Dietitian, Bridal Guide, Inside Weddings, NJ-TV, US News & World Report, Fitness, Food Network, Shape, Women's Health, Men's Fitness and more.

MY COMMITMENT TO YOU

I look forward to creating a unique relationship with you. Allow me to bring my enthusiasm, energy, polish and poise to your brand and/or company. My dietetic credentials add "vow"-umes to your nutrition messaging. Here's what I bring to the relationship:

- Corporate spokesperson
- Speaking engagements
- Nutrition communications
- Sponsored blog posts, reviews and giveaways
- Recipe development
- Corporate wellness

fitness



ASK ME OUT!

- Phone: 732.778.4462
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