

# **Sherry Granader**

**Sports Nutritionist, National Speaker, Author and Writer at sgfit.com**

Glen Allen, VA, US

Nutritionist, Writer and National Speaker

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## **Biography**

Sherry L. Granader is a Sports Nutritionist, National Speaker, Author, Writer and Fitness Instructor of Reformer Pilates, Yoga, STEP and Strength Training. She has served as the On-Air Nutritionist for QVC in the United States, UK and shared the stage with such celebrities as Whoopi Goldberg, Suze Orman and Lou Ferrigno, The Incredible Hulk.

Sherry's programs, seminars and workshops leave her audiences inspired and well-informed to become "wellness warriors" ready to take the challenge of achieving optimum health and vitality. Her latest books include "Eat Right, Feel Good, Lose Weight, Have Fun - You Won't Be Hungry!" and "Soy You Wanna Lose Weight?"

Ghostwriting books for Natural Medicine Doctors in the nutrition niche is a passion of Sherry's as well as sharing her Voice Talent with a variety of websites dedicated to improving the health and wellness of all who visit their websites.

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## **Availability**

Keynote, Panelist, Workshop, Host/MC

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## **Industry Expertise**

Health and Wellness, Writing and Editing, Fitness

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## **Areas of Expertise**

Throw Out the Diet, Prepare to Live Longer Ad Do It Well

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## **Affiliations**

ACE, AFAA, NETA, ACSM, ASFA, BBU

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## **Sample Talks**

**Fuel Your Most Important Engine - YOU!**

Sherry was the keynote speaker for the ATI SuperConference 2011 at the famous Corona Del Mar in San Diego, California

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## **Event Appearances**

**Throw Out The Diet, NOT The Food**  
Toscana Spa and Sports Cub Event

**Prepare To Live Longer**  
NASA at the Johnson Space Center

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## **Education**

**Michigan State University**  
B.A. Business Management

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## **Accomplishments**

**On- Air Nutritionist for QVC in the U.S. and the UK.**

Sherry educated viewers about weight loss and nutrition while selling products on-air and taking live call-ins.

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## **Writer**

Sherry writes articles for various websites that need content on nutrition, fitness and supplements.

## **Ghostwriter**

Sherry writes books for Natural Medicine Doctors in the nutrition, health and wellness niche.

## **Voice Talent**

Sherry records audio narrations about nutrition for various websites including:

- [www.wellness-factors.com](http://www.wellness-factors.com) (corporate wellness programs)
  - [www.alive-raw.com](http://www.alive-raw.com) (raw food lifestyle)
  - [www.dr.newtons.com](http://www.dr.newtons.com) (Nutritional supplement website)
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