

Sherry Granader

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

Glen Allen, VA, US

Nutritionist, Writer and National Speaker

Description

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.

Availability

Keynote, Panelist, Workshop, Host/MC

Industry Expertise

Health and Wellness, Writing and Editing, Fitness

Topics

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

Affiliations

ACE, AFAA, NETA, ACSM, ASFA, BBU

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

Past Talks

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

Prepare To Live Longer
NASA at the Johnson Space Center

Education

Michigan State University
B.A. Business Management

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 (corporate wellness programs)
 - www.alive-raw.com (raw food lifestyle)
 - www.dr.newtons.com (Nutritional supplement website)
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