



Monica Reinagel, M.S., LDN, CNS

**Licensed Nutritionist, Health Promotion Specialist
Wellness Works Here
Baltimore, Maryland**

Monica Reinagel is a board-certified, licensed nutritionist with 15 years of experience designing and delivering effective behavior-change interventions for individuals, groups, and workplaces. She is one of the nation's most respected voices in nutrition, and her *Nutrition Diva* podcast reaches tens of thousands of listeners every week. She also co-hosts the *Change Academy* podcast, which is devoted to the art and science of behavior change. Monica has been a guest on TODAY, CBS News, and NPR's Morning Edition and is frequently quoted by the nation's leading print and online news sources. She is the author of several books and creator of the Nutrition GPA app, cited by *The New York Times* as one of the four best diet-tracking apps. Monica specializes in combining evidence-based best practices with a compassionate, inclusive, and client-centered approach, resulting in lasting transformation in health habits, outcomes, and self-efficacy.