



HEAL

*Chinwe Asagwara
Registered Dietitian
Women's Health Expert*

ABOUT CHINWE



BSc.HNS and BSc.Kinesiology

Chinwe is a women's health expert with a goal to empower women through exercise and non-diet nutrition coaching. She teaches her community how to become healthier and happier through exercise and nutrition in a way that feels positive and fits their personal lifestyle.



www.healthy-eating-active-living.com

ABOUT CHINWE

Chinwe is a trusted Women's Health Coach, and recurring wellness expert for several media platforms where she provides reliable health, nutrition and exercise information.

Born and raised in a Nigerian household in Southern Manitoba Chinwe has a unique ability to provide a diverse perspective on food, nutrition and wellness.

She works with brands that align with her values and professional goal to connect her community with the resources and tools necessary to make healthy eating and active living fun and enjoyable, leading to a life of longevity and vitality.

Previous collaborations include:

Creating social media content, food and nutrition education, food commodity partnership on prepared media and live streams, hosting community events, and recipe story telling.

Main audience: Instagram
@miss_chi_fitness

5.5K followers, 175 - 200 post interaction,
+ 2000 reel plays, +250 story views, 15-20 post saves, 2.2% engagement rate

PARTNERSHIPS & APPEARANCES



For all partnership inquiries contact Chinwe at info@healthy-eating-active-living.com
We look forward to working with you!