



Hello, I'm

Melissa Boufounos, CHN

MEDIA NUTRITIONIST & FREELANCE
WRITER



ABOUT ME

I'm a media nutritionist in the greater Ottawa, ON, Canada area. I was recognized as one of Canada's Top 100 Health Experts by OptiMYz Magazine four years in a row.

A lifelong athlete, I specialize in sports nutrition and mainly work with teen hockey players in my virtual private practice. My goal is to help the next generation of athletes optimize their diets and health so they can perform their best on and off the ice and avoid the mistakes I made growing up that cut my playing career short.

I have recent bylines in *Today's Parent*, *Mindbodygreen*, and *Clean Plates* and have been featured as a subject matter expert in *Men's Health*, *Forbes Health*, *Outside Online*, *Shape*, *Yahoo!*, *Eat This*, and more. I partner with nutrition and wellness brands as an expert with influence through spokesperson work, content creation, and other types of media work.

AS SEEN IN

Men's Health **ROGERS tv** WELL + GOOD **SHAPE** **Running** CANADIAN

THE NUMBERS

2B+

MEDIA INTERVIEW
AUDIENCE

60K

MONTHLY SOCIAL
MEDIA VIEWS

2K

MONTHLY BLOG
PAGEVIEWS

2.2K

EMAIL
SUBSCRIBERS

 **2.4K**

@MELISSABOUFOUNOS

 **1.9K**

MB PERFORMANCE
NUTRITION

 **2.3K**

SPORTS NUTRITION
FOR TEEN ATHLETES

ALL STATS AS OF JANUARY 2025

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SERVICES

NUTRITION SPOKESPERSON

- Media interviews
- Quotes & tips for press releases
- Talent for events & tradeshows
- Nutrition consulting

CONTENT CREATION

- Blog posts & recipes
- Newsletter copy
- Nutrition handouts & e-guides
- Workshops/webinars

SOCIAL MEDIA

- Instagram Reels, stories & feed posts
- Instagram takeover

AND MORE!

