



**Romy Nelson, M.Ed., NDTR, NBC-HWC**

**Employee Health and Wellness Manager**

**City of Mesa**

**Mesa, Arizona**

Romy is a nutrition professional, health educator, and professional speaker specializing in the design, development, and implementation of strategic employee wellness programs. Romy has over twenty years of experience in wellness consulting; program management; and nutrition, fitness and health education. She is a culture and engagement leader, creating awareness to improve organizational culture and performance. Romy is a Nutrition and Dietetics Technician, Registered (NDTR); certified personal trainer (through ACSM and NASM); and National Board Certified Health and Wellness Coach (NBC-HWC). She holds an associate of science degree in dietetics, a bachelor's degree in anthropology, and a master's degree in education. She has taught nutrition at Arizona community colleges part-time for over 18 years. Early in her career, Romy provided group, individual, and family nutrition and fitness counseling. She was a media spokesperson appearing on local TV nutrition segments. She also competed in eight amateur fitness and figure competitions between 1996 and 2005, earning three Ms. Fitness Arizona titles. She was named Arizona Nutrition and Dietetics Technician, Registered of the Year in 2009.