

MaryEllen Myers, MS, NTP

WEIGHT LOSS SPECIALIST

NUTRITION COACH & MENTOR

GROUP INSTRUCTOR



MARY ELLEN MYERS

Helping postmenopausal women overcome weight & blood sugar challenges so they can feel healthy, energized & live a more vibrant, joyful life.

MaryEllen Myers is a nutritional therapist who helps postmenopausal women regain control of their health through a practical, whole-foods approach. With a focus on blood sugar balance, sustainable weight management, and mindful eating, she guides women in navigating the unique challenges of midlife and beyond. MaryEllen's work is grounded in science and delivered with compassion, empowering women to make lasting changes without extremes, obsession, or guilt.

MaryEllen is based in Burke, Virginia and is available for both in-person and on-line speaking opportunities, podcasts and interviews.

Discussion Topics

- How to Eat Well without Obsessing: Mindful Eating for Real Life
- Decoding Food Labels: What to Look for and What to Ignore
- The Power of Protein: What Midlife Women Need to Know
- Beyond Calories: The Hidden Drivers of Midlife Weight Gain
- Insulin: The Hidden Hormone Behind Cravings and Weight Changes
- New Year, New You: Setting Health Goals that Stick

"Get real, practical advice on nutrition, health and balance from someone who keeps it honest and inspiring."

Meredith Minix, Fitness Together Fairfax

"MaryEllen presented the material with caring and expert delivery."

Anne H, Group Program Participant



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