

Gina Van Luven Biography

Gina Van Luven is an international speaker, bestselling author and Board Certified Health Coach. Having experienced a very difficult childhood, she was plagued by disease and her life was severely out of balance. In her early thirties, she discovered the tools that transformed her diseased, imbalanced body into a healthy, happy one. Today, she helps others do the same through her empowering programs.

Gina has achieved great success in the corporate world, including serving as Director of Nutrition for a world-renown supplement company, as well as in owning her own business. She has a deep understanding of what it is like to balance a career and personal life.

She is the founder of *YOUnique Nutrition™* and *Healthy Habits Academy™*, the creator of several self-help programs, and the author of “*I’d Rather Scrub Toilets than Cook – Tips to Getting In and Out of the Kitchen Quickly*” and the bestselling book “*Nutrition for Success – How to Maximize Performance in All Areas of Life.*” She has been seen on ABC, CBS, PCTV and heard on several radio stations across the globe.

Gina resides in Park City, Utah and is happily married with three adult children. She loves the outdoors and exploring the world. Most of all, she enjoys inspiring others to live a healthy, happy life.