Executive Chef, Nutrition Expert & Entrepreneur

Holger Stromberg

Holger Stromberg conveys passionately, humorously and sometimes with a touch of provocativeness why nutrition is our second most important source of energy. How our entire organism reacts to brain food and how food affects our mental and physical performance. Factors that are indispensable in the 21st century to play along in today's efficiency society, to stay fit and healthy.Holger Stromberg shows his audience in a credible and tasteful way that healthy and enjoyable eating are not mutually exclusive, but rather conditional. It has been proven that nutrition has a direct influence on athletic performance as well as on "performance" in…



Topics

Climate Change, Environment & Energy, CSR, Climate & Sustainability, Health & Nutrition, New Work & New Culture

Languages

English, German

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