

Alexis Williams

Registered Dietitian & Director of Health and Wellness at Loblaw Companies Limited

Alexis Williams is a Registered Dietitian and the Director of Health and Wellness at Loblaw Companies Limited. At Loblaw, Alexis is responsible for developing and implementing new health and wellness services and programs, most notably the in-store dietitian program and the Guiding Star program. A lifelong health and wellness advocate, Alexis began her career as a personal trainer and fitness instructor twelve years ago. In her dietetics career she has managed consumer nutrition program for Primacy Medical, owned a private practice, taught at both the university and college level and done clinical counseling the hospital and family health team setting.

Alexis holds an undergraduate degree in applied Human Nutrition and a Masters in applied Nutrition, both the University of Guelph. She also holds a diploma in Sport Nutrition granted by the International Olympic Committee and has worked with athletes at all levels.

Outside of work, Alexis enjoys running, hiking, swimming and cycling. She has competed in running and triathlon events of all distances including an Ironman triathlon.