

Molly Kimball, RD, CSSD

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Molly Kimball, RD, CSSD is a Sports and Lifestyle Dietitian, Board Certified as a Specialist in Sports Dietetics by the American Dietetic Association. She manages the nutrition program at Ochsner's Elmwood Fitness Center in New Orleans, advising clients in reducing body fat, building lean muscle, endurance training, disordered eating, and general health and wellness.

As a weekly columnist for NOLA.com/The Times-Picayune, Molly covers the latest trends in the nutrition and the fitness industry. She is also the nutrition and fitness expert for New Orleans' ABC affiliate WGNO, with a weekly segment on WGNO's Good Morning New Orleans, [Get the Skinny with Molly](#).

She has developed [Eat Fit NOLA](#), a free partnership between Ochsner Health System and local restaurants to develop & identify healthy menu items, and collaborates with local chefs in preparing and presenting fun, upbeat, and nutritious cooking classes.

As a Sports Dietitian, Molly has worked with hundreds of athletes, both amateur and professional, including players in the NFL, MLB, and NBA, as well as soccer players and professional boxers.

A member of the National Speaker's Association, Molly often serves as a spokesperson at various events targeting the New Orleans community, and is featured regularly as a nutritional expert on local and national news stories. She has been featured in national media outlets including *Vogue*, *The New York Times*, *Newsweek*, *Shape*, *Health*, *Fitness*, *Runner's World*, *Wine Enthusiast*, *Cosmopolitan*, *WebMD* and *CNN.com*.