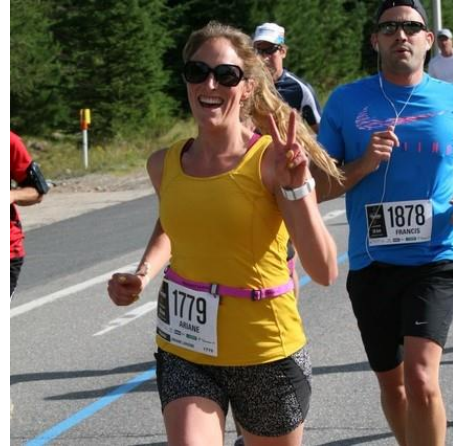


Ariane Lavigne

Sport Nutritionist and Pro Snowboarder

Competing at Sochi in 2014 made her famous as an Olympic-level alpine snowboarder. Now we can follow her nutrition advices on TV, in magazines and on radio. For Ariane, growing to be our best self cannot be resumed to training and eating well. By her living example and by giving true information, she wishes to inspire people of all ages to adopt healthy living habits, threading the fine balance between work, sport, family and leisure.



Bachelor in Nutrition at University of Montreal, Ariane Lavigne works as a nutritionist since 2008. She works with an active clientele at Vivaï Nutrition Experts and National Sport Institute of Quebec. She got a specialized diploma in sport nutrition at International Olympic Committee. What she learned was quite useful for her own athlete career and now she happily shares it with her fellow high-performance athletes.

Although she recently “retired” from alpine snowboard competitions, Ariane keeps practicing a wide variety of sports in her native region: running, biking, tennis, etc. When we once taste the freedom given by a strong and healthy body, it would be hard to stop moving!

Meet our ambassador at our next race [Girls Run Tremblant](#) on September 10, 2017 at Domaine Saint-Bernard.