



Gina Gonnella, MEd, NBC-HWC, CWPM

Chief Operating Officer

Nutrition Factors

Jacksonville, Florida

Gina Gonnella is the Chief Operating Officer of Nutrition Factors, where she leads operations, business development, and sales strategy while overseeing the Health & Wellness Coaching Academy, an NBHWC-accredited school that prepares future health professionals. As a Licensed Behavior Specialist, National Board Certified Health & Wellness Coach, and Certified Wellness Program Manager, Gina brings expertise in behavior change, wellness program design, and workforce well-being.

She serves on the local First Coast Worksite Wellness Council in Jacksonville, Florida, and the national Wellness Advisory Council, an affiliate of the International Foundation of Employee Benefit Plans (IFEBP). She is also an Adjunct Professor of Integrated Health at Walden University.

Gina believes that wellness should not only be taught, but lived and integrated into how we live, work, and play.