

## Rob Hobson Registered Nutritionist



### Biography

**Rob Hobson, BSc (Nutrition), PGDip (Applied Sports Nutrition), MSc (Public Health Nutrition), Registered Nutritionist (AFN), Registered Sports Nutritionist (SENR).**

**Nutrition Consultant of The Year 2022 (GHP Private Healthcare Awards)  
Health Journalist of The Year 2022 (Health Food Manufacturers Association)**

Rob is one of the UK's most well respected and highly trained nutritionists with over 15 years' experience in the business. His passion for nutrition extends to his talent for cooking which led him to co-author the hugely successful cookbook, "The Detox Kitchen Bible" (Bloomsbury, May 2015). This book has since been released in both hardback and paperback editions around the world.

Rob has also authored "The Art of Sleeping" which was published in November 2019 (Harper Collins). This best-selling book has since been translated into almost a dozen languages across the globe including Chinese, Italian, Spanish, Vietnamese, French and Portuguese.

Rob is the real deal and has experience of working in public health for government agencies, charity organisations and within the NHS as well as establishing himself as one of the UK's leading media nutritionists. Rob has featured on TV programs including Channel 4's Food Unwrapped and regularly features on radio having spoken extensively on many channels including BBC radio.

Throughout his career Rob has built up a hugely valuable network of leading health journalists and PR contacts who turn to him for professional advice and guidance.

Rob regularly showcases his skills at large wellness events by running cooking demos, workshops and expert panel groups to educate and inspire people to eat well and sleep better which include Live Well London, Balance Festival, Be:Fit, Mind Body Soul and Stylist Live.

Rob has written and contributed to hundreds of articles featured in both online and print publications. Rob regularly writes for the Daily Mail Online, Express Online and has had regular monthly columns in magazines including Healthy Diet, Women's Health, 220 Triathlon and Simply Vegan.

Rob is highly influential and well sought after. Rob's media presence, knowledge and professional experience have been used to consult and represent many large health and wellness companies such as Ryvita, Healthspan, Adidas, The Detox Kitchen, Tetley, Tilda, ITSU, More Drinks, FitBit, Sainsbury's, Tesco's, Waitrose, Flora and Nutribullet. Rob has also worked for charities and trade associations such as The Vegetarian Society, Vegan Society, Potato Council, British Apples and Pears and the Mushroom Bureau.

Rob continues to work as a consultant for companies worldwide, which aside from industry involve running health retreats in countries such as Morocco and Turkey. Rob has worked alongside many leading hotel groups including The Hillside Beach Club, The Café Royal and ME hotel (Strand) running workshops and retreats focused on both nutrition and sleep. Rob also works with clients on a personal basis including celebrities and high-profile families such as the Saudi Royal Family, Gwendoline Christie and Giles Deacon.

Rob has also developed and delivered many training sessions focused on diet and sleep within many different settings. Rob has also worked as a guest lecturer on nutrition degree courses at many institutions including London Met University.

Also a registered [sports nutritionist](#) Rob has worked with many UK athletes including British Commonwealth Games Cyclist Marc Cox and some of the UK's most talented young Para-athletes.

**Website:** [www.robhobson.co.uk](http://www.robhobson.co.uk)

**Showreel:** <https://www.youtube.com/watch?v=sjC3Dq-wE7c>

**Instagram:** [@robhobsonnutritionist](#)

## Media writing

THE EVERYDAY MAN	DAILY EXPRESS	Now	Women's Health
The Telegraph	HEARS Magazines	Woman's Own	Red
Running fitness	Hip & Healthy	AMC	sofeminine Health & Fitness
The Telegraph	healthy	Hip & Healthy	MATURE TIMES The voice of our generation
ES.	HEALTHISTA. the health channel for women	Woman's Own	STYLE
Irish Examiner	DAILY Mirror	prima	TWENTY SIX STYLE
GRAZIA	GET THE GLOSS EXPERT HEALTH AND BEAUTY	ie c	Edinburgh News
YOU	HEARS Magazines	stella	Daily Mail

[www.robhobson.co.uk](http://www.robhobson.co.uk)

Article examples (more can be found at the foot of Rob's website homepage at [www.robhobson.co.uk](http://www.robhobson.co.uk) )

<http://www.dailymail.co.uk/health/article-4889180/What-best-diet-clock-you.html>

<http://www.dailymail.co.uk/health/article-4160448/Expert-reveals-eat-carbs-stay-slim.html>

<http://www.dailymail.co.uk/health/article-3892730/Can-REALLY-healthy-vegan-Nutritionist-gives-expert-verdict-reveals-safest-way-follow-diet.html>

<http://home.bt.com/lifestyle/health/healthy-eating/rye-bread-health-benefits-11364035956357>

<https://www.healthista.com/10-ways-get-10-day-without-really-noticing-rob-hobson/>

<https://www.healthista.com/foods-high-in-iron-your-diet-needs-now/>

<https://www.healthista.com/miso-salmon-beetroot-recipe/>

<http://www.telegraph.co.uk/lifestyle/wellbeing/diet/9777868/Transform-your-body-with-the-Stella-Body-Plan-toning-weeks-1-2.html>

<https://www.healthy-magazine.co.uk/food-hack-eat-fight-fatigue/>

<https://www.50connect.co.uk/mens-health/articles/five-foods-men-shouldn't-be-without>

<https://www.getthegloss.com/article/are-you-getting-enough-iodine>

<https://www.getthegloss.com/article/why-you-need-magnesium-in-midlife-more-than-ever>

<https://www.getthegloss.com/gallery/my-week-in-food-rob-hobson>

<https://www.getthegloss.com/article/immunity-and-diet-the-best-nutrient-rich-diet-to-stay-well-and-lean>

<https://www.trailrunningmag.co.uk/articles/training/do-i-need-to-use-energy-gels/>

<https://www.220triathlon.com/training/nutrition-training/polyphenols-what-they-are-what-foods-contain-them-and-why-polyphenols-are-important/>

<https://www.220triathlon.com/training/nutrition-training/glycogen-what-it-is-how-it-works-and-why-its-important-for-endurance-athletes/>

## Sample Clients

			 independent PR agency for B2B consumer and B2B b	
				
	 nutrition analysis sol			
				
				
				
	 e-foods			
		 joes love what makes you feel good		

Published books

