



MARIA McCONVILLE, MS, RDN

Maria McConville was born and raised in Rocky River, Ohio and is the second oldest of six children. Maria is a Registered Dietitian with over 30 years of active practice, and a Certified Personal Trainer with 20 years experience. She loves her work as a Senior Nutrition Health Educator with the Henry M. Jackson Foundation for the Advancement of Military Medicine. Maria proudly owns and operates a nutrition consulting business, Balanced Body Nourishment, which integrates her love of nutrition and of fitness. Maria has coached hundreds of clients to find better health and wellbeing through a process of self-discovery, envisioning, and goal setting. She is an accomplished public speaker, a venue where her passion for wellness comes to life.

Maria, in her professional capacity, volunteered in several Executive Committee positions for the Nutrition Entrepreneurs Dietetic Practice Group and advises the industry's most inspiring dietitians. In her capacity as a U.S. Army Spouse, Maria volunteered on multiple occasions to serve as a Family Readiness Group Leader, PTO president, as advisor to many Army organizations. Most notably, she is the visionary behind the Spouse Master Resilience Training program and spearheaded the pilot program which continues as an active and thriving model program throughout the Army.

Maria holds a Bachelors degree in Nutrition and Dietetics from Miami University and a Masters degree in Public and Community Health from Austin Peay State University. Maria completed her dietetic internship at Brooke Army Medical Center and served, for a total of 11 years, in both the Active and Reserve Army. While on active duty, Maria met and married her husband of 35 years, General James C. McConville. She is very proud of their three adult children and a son-in-law who all serve in the Active Army.

Maria's interests include hiking – especially on the Appalachian Trail – cooking, reading self-help books, and weight lifting.