









Real Tools and Fresh Ideas to Powerfully Nourish Your Life

Kate Geagan, MS, RD
America's Green Nutritionist™

-  Healthy Living and Green Eating Expert
-  Award Winning Dietitian
-  Columnist, *Pregnancy Magazine*

-  Author
-  Media Spokesperson
-  Culinary Nutritionist



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A fresh voice

Kate is a nationally known award winning dietitian and the author of *Go Green Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet* (Rodale). Through a national speaking calendar, regular media appearances, consulting and spokesperson work, as well as her monthly column "Let's Eat!" featured in *Pregnancy Magazine*, Kate reaches millions every month with her recipe for change. A busy working mom to two young children herself, she completely understands parents who are over worked, over stressed, and simply unable to add anything too complicated to their plates.

Bringing a fresh voice to the daily dilemmas we face as we navigate our supersized, mega multitasking world, her programs dish up a powerful blend of science and humor guaranteed to help audiences master the food landscape overflowing their office cubicles, minivans and daily lives. For over a decade, she has shared her empowering message with fortune 500 companies, leading professional & industry associations, civic groups, academic conferences and women's groups across the country.

"When you experience health at the highest level, the ripple effect across your life is swift and powerful."
~Kate

Helping People Thrive in America's Food Landscape

Kate draws on insights gained during thousands of hours running weight loss programs, nutrition workshops and counseling at some of America's leading companies, including GE Aircraft, Sun Microsystems, Reebok International,

PriceWaterhouse Coopers, Harvard Pilgrim Health Care and The Yankee Candle Company. She has been invited to share her unique perspective with some of America's most prestigious health and business organizations, including the American Dietetic Association, Kaiser Permanente, and the Young President's Organization. A seasoned media pro who has conducted over 275 television, print and radio interviews, Kate excels in delivering concise, ear-popping messages that provide immediate takeaways. She's been quoted in *O*, *The Oprah Magazine*, *Rachel Ray Everyday*, *Time Magazine*, *Self*, *The Wall Street Journal*, *The Boston Globe*, *The Chicago Tribune*, *Better Homes & Gardens*, *Prevention*, *Health*, *Family Circle*, *Parents*, *Womans Day*, *Body & Soul*, and has appeared on *The Dr. Oz Show*, *Martha Stewart Living Radio*, as well as dozens of NBC, ABC, FOX,, CBS and Comcast affiliates throughout the country.

Before forming her own company, she spent two years living and working in Italy which shaped her deep love of deliciously healthy foods (despite having been raised on a diet purely from "a bag, a box, a pouch and a can"). She is a registered dietitian and a member of the American Dietetic Association, who named her the 2004 Recognized Young Dietitian of the Year in Massachusetts. When not working, Kate can be found cooking up eco-licious cuisine and skiing, hiking and mountain biking with her family in the mountains of Utah.





Why Kate?

Connection. Inspiration. Tools for Change.

Are your employees more familiar with dinner in the car, airplane or delivered to the office than they are with an actual dinner table? For your attendees do the words "IV Drip" often go hand in hand with "caffeine"?

Audiences nationwide love the way Kate dishes up FUN sessions that help people tame the megasized, confusing food choices oozing from their lives. Kate's programs aren't just about providing information, they are about generating results-she gives audiences real tools to maximize their performance, boost their energy and start experiencing health at the highest level starting at their very next meal.

**"What do I love about my job most? No matter who you are, you still have to eat."
~Kate**

Program Formats

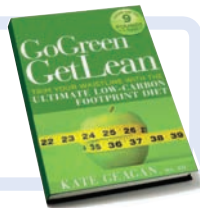
- Keynote Address
- Conference Break-Out session
- Small Group Workshops
- Half Day Seminars
- Culinary & Flavor Workshops

Most Requested Presentations

Kate's Pledge: "My personal goal is that your event be an overwhelming success, and I customize each talk after connecting with you on your unique goals, culture and challenges. However, these are some of my most popular general topics that companies and meeting planners are asking me about today:"

- ✔ *Strong, Healthy, Slim: Live it Now!*
- ✔ *Dashboard Dining Done Right-7 Tweets to Revolutionize your Road Eating*
- ✔ *The New Lean and Green Diet: Change Your Diet. Change the Planet. And Feel Fabulous!*
- ✔ *Shine from Within: Delicious Eating for Ultimate Energy, Happiness and Health*
- ✔ *From Picky to Perfect: 6 Secrets to Raising Perfect Healthy Eaters*

- ✔ *Award Winning Dietitian*
- ✔ *Over 275 Media Interviews*
- ✔ *Author and Columnist*



Partial Client List

American Dietetic Association	Citistreet	GE Aircraft	Reebok International	Sun Microsystems
Association of Proposal Management Professionals	Cornell University Cooperative Extension	Go Green Expo	Rotary International (Park City, Utah)	TAP Pharmaceuticals
Blue Cross Blue Shield	Disney's California Food and Wine Festival	Harvard Pilgrim Healthcare	Sports, Cardiovascular and Wellness Nutritionists Annual Conference	Teton Wellness Festival
Bon Appetit Management Company	Fitness Works at Work	J.R. Simplot Company	Stonyfield Organic Yogurt	Texas Dietetic Association
Boston Scientific Corporation	Florida Dietetic Association	Kaiser Permanents		Yankee Candle Company
	Foothill Capital Corporation	Norwegian Seafood Council		Young President's Organization
		Oh Woman! (Florida)		



What Are They Saying About Kate?

I love Kate and her Go Green, Get Lean Diet! Her message has it all; it's super easy, it's tasty, it's fresh, it's easy to follow, and best of all... it works. And I love that it can work wonders for the planet, too.

~ Summer Sanders, Olympic gold medalist and TV Personality

You were a tremendous addition to our event! Your food was delicious yet doable, you entertained us and your interaction with the live audience was superb. We hope you'll return next year and consider joining our other shows nationwide.

~ Gary Ravet, President, Celebrity Chefs Tour for Disney's California Food & Wine Festival

I have worked in conference planning for more than 10 years and have worked with many speakers. Kate was without a doubt one of the best! She managed to include the 1,000 women in the audience and got great feedback from the people attending. Kate was instrumental in delivering the perfect open to our event. I wish that I could use her every year.

~ Catherine McManus, Chief Philanthropy Officer WMFE (Oh Woman! Orlando)

We're still talking about your speech today; You had the tables buzzing and audience members lined up to speak with you afterwards. Your message is so positive to the self-image and to the planet – what a heady combination. Thank you for giving me that.

~ Teleri Beaty, APMP

Wow! Everything about Kate's program was a 10-I literally can't believe how much I laughed, was shocked at her visuals, and at the deepest level changed the way I think about food. The only thing she left me wanting is more.

~ Ashley Laakso, Park City Leadership

Kate Geagan in my opinion should be called the Queen of Green. A brilliant mind with a compelling story. Her passion for the healthy lifestyle is one that gets the attention of any executive. She delivered a powerful, but fun and energetic session on Food & Healthy living at our 2009 Fast Casual Executive Summit. Kate built a great presentation that was timely and relevant to the restaurant business, she was awesome and I would bring her back to our event for sure!"

~ Paul Barron, Publisher Producer NetWorld Alliance

We loved Kate! Kate shared so many fresh ideas with our group, and provided real tools to inspire and empower us to make changes for our families. We can't wait to have her back for more in-depth work, and to share her powerful message with an even larger group.

~ Lisa Berglund, YPO Spouse Forum

Passionate, entertaining and spot-on with her assessment of America's SUV eating habits, Kate's messages resonate across cultural, socioeconomic, gender and age spectrums. Read and listen to her carefully, she speaks much needed truths.

~ Ken Barfield, President, Rotary Club International (Park City Chapter)

Kate was a brilliant addition to our Go Green Expo L.A. Her panel kept a full house seated until the very end-a rarity. She kept the audience engaged with her expertise and developed a lively rapport with her fellow panelists. We would love for Kate to speak again at Go Green Expo anytime!"

~ Seth Berk, Sr. Vice President, Go Green Expo

Your speech changed my life.

~ Oh Woman! 2009 Orlando

