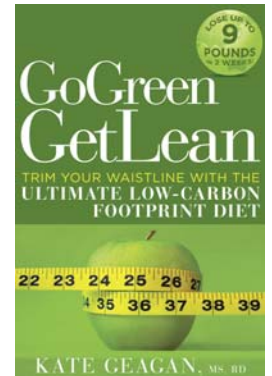




Kate Geagan, MS, RD

● America's Green Nutritionist™

- Professional Speaker
- Healthy Living and Green Eating Expert
- Award Winning Dietitian
- Author. Go Green Get Lean (Rodale)
- Columnist, Pregnancy Magazine
- Mom of two tots



Connection. Inspiration. Tools for Change.

An award winning registered dietitian, Kate is a nationally known nutrition and health expert when it comes to smart eating for busy people. Kate is the author of *Go Green Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet* (Rodale, 2009). She is also the Nutrition Contributor for *Pregnancy Magazine*, where she dishes on the latest health and nutrition info for moms-to-be.

As America's Green Nutritionist™ Kate has been on the leading edge of helping America recognize the connections between our diet and its impact on our climate crisis. Whether it's green eating and sustainability, executive performance, or maximizing your own health and vitality today, Kate is an experienced, nationally known nutrition expert and speaker who has given hundreds of talks to thousands of people around the country

Dishing up science with a side of humor to deliver a very real message about the State of our Plate-and its connection to the State of our Planet- companies and groups hire Kate to entertain, educate and inspire their members with real tools for transforming their diet from a Hummer to a Hybrid, and to start experiencing health at the highest level.

For over a decade, Kate's company ran weight loss and wellness programs in New England for dozens of leading companies, including GE Aircraft, Sun Microsystems, Reebok International, Goldman Sachs, and Yankee Candle. A go to expert for the media, Kate has been widely quoted in leading national media publications including *O, The Oprah Magazine, Time Magazine, Self, The Wall Street Journal, The Boston Globe, The Chicago Tribune, The Atlanta Constitution, Prevention, Health, Family Circle, Parents, and Woman's Day*. Kate has also given over 75 tv interviews for NBC, ABC, CBS, Comcast, and FOX News affiliates across the country.

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

-Kate

Contact Kate to create a customized program for your next event:
t: (435) 659-9386 ● www.kategeagan.com ● kate@kategeagan.com

What Kate's Clients Are Saying...

*"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

"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)

"Your speech changed my life."

—Oh Woman! 2009 Orlando

"Best speaker of the day!"

—Texas Dietetic Association

Topics Include:

- Change Your Diet. Change the Planet. And Feel Fabulous! (signature speech)
- Is Your Company Poised to Thrive in America's Changing Food Landscape?
- Top 10 Superfoods to Supercharge Your Health and Slow the Clock
- Food for the Road Warrior: Healthy Dashboard Dining in a Tweet
- Executive Performance for a Better Bottom Line: Smart Fueling for Busy Professionals
- Girl's Guide to Staying Young: Eating for Energy, Beauty and Health after 40

Partial Client List:

- 2010 Go Green Expo, Los Angeles
- Networld Alliance 2009 Fast Casual Restaurant Summit
- Oh Woman! 2009 (Orlando, FL) Keynote
- 2009 Teton Wellness Festival
- Association of Proposal Management Professionals
- Florida Dietetic Association
- Texas State Dietetic Association
- Norwegian Seafood Export Council
- Boston Scientific Corporation
- GE Aircraft
- Citistreet
- Reebok International
- TAP Pharmaceuticals
- Yankee Candle Company
- Sun Microsystems

Awarded 2004 Recognized Young Dietitian of the Year in Massachusetts by the American Dietetic Association



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