

Erin Palinski-Wade, RD, CDE, LDN

Nutrition & Fitness Expert- Speaker - Author

Erin Palinski-Wade, *"American's Belly Fat Fighter,"* is a nationally recognized nutrition and fitness expert who has contributed her expertise to national media outlets such as *The Dr. Oz Show*, *The Doctors*, *The Early Show*, MSNBC, ABC News, CBS News, Fox News, *Consumer Reports* and *Prevention Magazine*. She operates a private practice in NJ and frequently serves as a sought after on-air expert, consultant, and speaker. She is the best-selling author of *"Belly Fat Diet for Dummies,"* *"2 Day Diabetes Diet,"* *"Walking the Weight Off For Dummies"* and is the featured expert on the #1 best-selling diabetes iPad App *"Diabetes: What Now?"*

Erin specializes in the areas of diabetes, weight management, sports nutrition, and disease prevention. She is a Registered Dietitian, Certified Personal Trainer, and Certified Diabetes Educator and currently serves on the Nutrition Advisory Board for the College of Saint Elizabeth. She has served as a freelance writer for many popular magazine and is currently a contributing writer for *Dr. Oz's The Good Life Magazine*, *EverydayHealth.com*, and *DiabeticLifestyle.com*.

Erin is an engaging and motivating speaker who is known as the dietitian who gives practical, realistic advice that allows you to start seeing results instantly, but more importantly, maintain results permanently! A dynamic and entertaining speaker, Erin will leave your group feeling energized and motivated to improve their health and well-being with her down-to-earth advice and practical strategies.

Some Past Audiences Include:

Academy of Nutrition & Dietetics

Merrill Lynch

North Platte Town Hall Lecture Series

Virginia Tech

College of Saint Elizabeth

Montclair State University

Ethicon

IBM

KUBRA

Ameriprise

MonteCedro

Norvartis

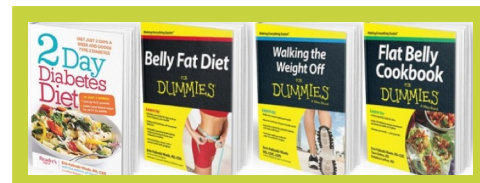
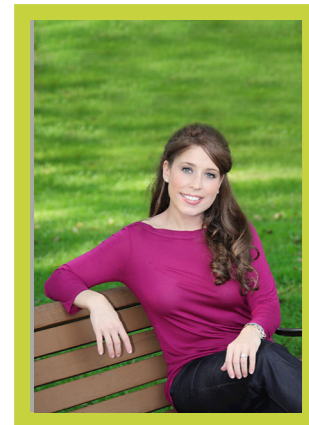
New Jersey Dental Association

Selective Insurance

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Speaking Reviews

"I recently had the pleasure of working with Erin to celebrate Administrative Professionals Day. She tailored her presentation to meet the needs of our diverse audience and the audience connected with her during the presentation taking home great advice and tips. I am still receiving great feedback from the attendees about Erin's presentation. I would recommend her services in a heartbeat!"

-Nancy Bakewell, Ethicon

"On behalf of our residents, staff and invited marketing guests, I wanted to thank Erin for not only a highly informative presentation but a very professional delivery as well! It left a lasting impression with our audience and they were most appreciative of the 'hands-on' tips, ideas and suggestions presented. They all walked away with immediate and simple changes they were going to make in their diet! I look forward to having Erin return again and would happily recommend her!"

- Kevin Fletcher, Harrogate

Erin is fantastic and extremely knowledgeable! Her presentations at our company have been very informative incredibly beneficial to us all. She never fails to have great answers to all of my questions and I look forward to having her back!

-Alexandria Bonanno, Kubra

"Erin was extremely thorough with the research she provided, the event was seamless, and her credibility was evident. She answered questions regarding all facets of nutrition and provided a new perspective on this topic."

-Margee Macdonell, Formula PR

"We loved Erin's stress management presentation! It was incredibly informative and professionally presented! She provided realistic suggestions for making positive change in our clients everyday lives and everyone walked away with terrific knowledge and insight!"

-Voices of September 11th

Presentation Topics

Ignite Your Body's Internal Torch- Boost Metabolism, Increase Energy, & Fight Disease

Have you had enough of the yo-yo dieting roller coaster? Enough is enough! Uncover the secrets to revving up your metabolism, shedding belly fat, and keeping it off for good! This upbeat presentation will leave you feeling like a nutrition pro who can take on grocery stores, vacations, restaurants, and hectic schedules while watching the inches whittle away.

The Busy Professional's Dream: Improved Focus, Less Stress, and More Energy

Do you wake up feeling groggy or struggle to find the energy to get through the day? Is stress taking over your life? Believe it or not, you can boost your energy and brainpower, reduce stress, and feel like you are twenty-five again! This presentation will show you the simple techniques, tools, and tricks to revitalize your body, beat stress, and improve focus. You will be amazed at just how easy it is to start feeling youthful again!

Age in Reverse! Eat Your Way to More Energy, a Faster Metabolism, and a Slimmer Waistline While Adding Years to Your Life!

Do you look older than you feel? If so, don't despair. You can in fact turn back the clock! This high-energy presentation will show you how the lifestyle and nutrition choices you make each day to slow down the clock. By the end of this presentation you leave knowing the recipe to a younger you on both the inside and out!

Every Woman's Dream: Wine, Chocolate, and a Slimmer Waistline!

Have you ever dreamed of eating what you love while still losing weight? It doesn't have to be a dream anymore. This engaging presentation will break through common nutrition myths and misconceptions and show what really works in the battle against the bulge. No more giving up what you love. Say bye-bye to food guilt and get ready to enjoy your wine and chocolate once again!

Filling Your Child's Plate for Academic Success

The latest research shows that nutrition can impact everything from concentration to test scores and future achievement. In this high energy, informative presentation, learn the exact steps you need to take to give your child the best academic advantage. You will walk away knowing not only what your child should be eating, but how to get him to fuel his body without the fight!

The Athlete's Missing Link: The nutrition game plan for reaching your full athletic potential

Athletes are so focused on the physical aspects of their training regimen that they often forget to address an equally important aspect of athletics- their nutritional health. Nutrition plays just as large of a role as each of the physical aspects of training. If an athlete isn't spending time on improving her overall nutrition, it can hold her back and prevent her from reaching her full athletic potential. In this high energy and interactive presentation learn how to fuel your athlete's body when at home or on the road for peak performance.

Golden Age of Nutrition

Are you age 50 or older? If so, then your life is just getting started! Don't let poor health slow you down. This informative and inspiring lecture discusses the main health concerns facing the over 50 population and the small, simple changes you can start making today to gain control of your health, improve energy, prevent disease, and enter the Golden Years feeling as great as you did in your 20s!

Eating Your Way to a Healthier Heart

With heart disease being the #1 killer among both men and women in America, you have to ask yourself "*am I at risk?*" You will be surprised to find out that in order to protect yourself from this deadly disease, what you find within your kitchen cabinets will have more of an impact on your overall heart health than even what you find within your medicine cabinet! Learn what you are currently doing that may be increasing your risk for heart disease and the simple steps you can take to dramatically improve your overall health and fight against this dangerous, but preventable, disease!

Reverse Diabetes in Just 2 Days a Week

Type 2 diabetes and heart disease have reached epidemic proportions. In fact, in the US alone, 26 million Americans have diabetes and many don't even know it. But what if you could manage and even reverse diabetes with making dietary changes just two days a week? Based on the research and principles of her best-selling book '2 Day Diabetes Diet,' Erin will show your audience just how simple fighting diabetes can really be.

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