



Kate Geagan, MS, RD



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Kate is an award winning dietitian and a nationally known speaker when it comes to making good nutrition within reach of busy people.

Since launching her company IT Nutrition, Kate has spoken to thousands of employees at both small and large corporations, including **Sun Microsystems, Reebok International, Boston Scientific Corporation, Goldman Sachs, the Yankee Candle Company, Nova Biomedical Corporation** and **Citistreet**. A busy working mother of two children herself, Kate can connect with her audience firsthand about the challenges that come with fitting good nutrition into hectic lives. Kate is the author of **Go Green, Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Diet** (Rodale, January 2009).

Kate has served as a trusted nutrition expert for many media outlets, including *The Wall Street Journal*, *The Boston Globe*, *Family Circle*, *Prevention* and *Woman's Day Magazines*, and has appeared on **NBC, ABC, CBS, Comcast and FOX news** affiliates across the country.

Companies and groups hire Kate to motivate, educate and inspire their members to improve their performance, navigate the fast food landscape, and feel their best.

Topics Include:

Dashboard Dining Made Easy
I Know What I Should Do But I Just Don't Do It!
What's the State of YOUR Plate? Your Personal Nutrition Audit
The Beauty Diet: Slow the Clock with the Right Eating Habits
Executive Performance: Smart Fueling for Busy Professionals
From Probiotics to Nutraceuticals: Emerging Trends in Nutrition and Health

Author,
Go Green, Get Lean:
*Trim Your Waistline with the
Ultimate Low-Carbon Diet*
(Rodale, January 2009)



"Thank you!
You make eating healthier
more realistic."
Yankee Candle Company

"Excellent!
I loved every minute of it!"
Boston Scientific Corporation

"When Kate is here,
it's always a win!"
GE Aircraft



**One Hour Seminars,
Keynote Speaker,
& Workshops
(half & full day)**

Clients Include:

Reebok International Ltd.
Sun Microsystems
Pricewaterhouse Coopers
Yankee Candle Company
Citistreet
GE Aircraft
Boston Scientific Corporation
Fleet Bank
TAP Pharmaceuticals
Goldman, Sachs & Co.