



Achieving Balance

Nutrition Counseling & Personal Training

Elizabeth Brown, RD, LD, CDE

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Elizabeth is a Licensed & Registered Dietitian with Certifications in Diabetes Education and Weight Management. She has over 12 years of individual and group counseling experience, most of which is in Weight Management, Sports Nutrition, Diabetes Education, & Eating Disorders. In addition to private counseling and group presentations, Elizabeth has been providing sound nutrition advice and practical information through television, for more than seven years. She has appeared both locally in Ocean City, Maryland as well as in Allentown, PA where she previously lived. Elizabeth has also been seen nationally as an expert for more than 30 news segments reaching more than 80 news stations throughout the country. Currently, she runs a private practice nutrition counseling business and has partnered with some area physicians in Ocean City, Maryland. Elizabeth can be seen biweekly on WMDT Friday morning news (the ABC affiliate station in Ocean City & Salisbury, Maryland), where she provides cooking demonstrations and nutrition tips to viewers. Elizabeth has also developed her own cooking show for the local cable access channel. Her show, called *Eating to Live*, focuses on teaching people simple ways to incorporate “Super Foods” into their diets.

Elizabeth’s fitness background extends over 18 years. She started her strength-training career as a competitive power lifter in high school. In college Elizabeth competed in bodybuilding. Upon graduating from college, she moved on to marathon training. Currently Elizabeth is honing her skills to compete in triathlons. She has also used her fitness training to write the exercise descriptions for a book entitled *Banish Your Belly*. She was privileged to write this part of the book in conjunction with the Olympic Weight Lifting Coach, Dragomir Ciroslan. Elizabeth has been quoted in several publications such as *Men’s Health Magazine*, & *Self Magazine*, as well as the Rodale Press books *Fight Fat* and *Food Smart*. Additionally, she has served as an expert reviewer for cook books such as *The Healthy Cook*.

In addition to private counseling, personal training, & hosting television cooking segments, Elizabeth is a part-time faculty member at Wor-Wic Community College, where she teaches the Introductory Nutrition Course to Nursing Students. She is also in the process of completing her Master’s Thesis in order to obtain a Masters of Science in Sports Nutrition.

Elizabeth has appeared on the TBS show called *Dinner & a Movie*, as a contest winner for the Super Chef Cook-off, which aired Monday, March 22nd, 2004, at 10PM. She will soon be moving to San Francisco to Co-host a cooking show. Watch for Elizabeth on either *The Food Network* or on a new Network called *The Quality of Life Channel*.

Currently, Elizabeth is developing a DVD cooking series, a culmination of the type of information she teaches her viewers on her bi-weekly cooking segments. Elizabeth realizes that nutrition is a daunting subject for most people. Working in the field of nutrition for over 12 years, Elizabeth has observed a society bombarded with fad diets, as we are constantly being told what to eat and what to avoid. Fraught with uncertainty, many people are now just throwing up their arms in utter confusion. In an attempt to demystify the world of nutrition, Elizabeth offers simple tips and recipes for viewers to apply to their busy lives. Join Elizabeth as she teaches you what foods to keep in your refrigerator, freezer, and cabinets, so that even the culinary challenged can throw together a delicious and nutritious meal in minutes. Elizabeth also understands the desire to fuel your body while watching your weight, she’s done it for over 20 years now. Look for Elizabeth’s DVD series coming soon. Elizabeth is also developing a web site where you can find answers to some of your most pressing nutrition and fitness questions. In the meantime, you can reach Elizabeth by email at: eat2liv@earthlink.net. If you are writing on behalf of the LEOPARD program, please put this in the subject heading (No Attachments, Please). Every attempt will be made to answer questions as briefly as possible. Please be aware that all questions & answers will be shared with all LEOPARD candidates.

Thank you for interest. Sincerely, Elizabeth Brown, RD, LD, CDE