



Sample Keynotes (short descriptions)

Bite-sized Changes for SUPERSIZED RESULTS

Nutrition for better energy, health and weight management.

We live in a culture of “quick-fix” solutions that attempt to sell us energy, health, and weight loss...*fast*. The trouble is, buying into a quick-fix won't fuel a long-term solution. What if instead of an “extreme makeover” you decided to set realistic goals and learned how to challenge yourself to succeed rather than fail? Learn what not to do from her past clients she calls the “stuck-strugglers” and find out the best strategies used by her clients she considers the “shaker-movers.” Andrea will leave you with her top 5 places to focus your intention (FYI) and encourage you to consider that *imperfect is perfect*. If you take nibbles at the big nutrition goals you are striving for, you will have profound changes in your energy, health and weight management each day!

NUTRITION at the SPEED OF LIFE!

Sound bites for busy people.

We are juggling more responsibilities and commitments than ever before. To help us keep up with the speed of life, food manufacturers are providing more convenience foods and the fast food industry is selling us take-away food to gobble down hastily. We eat out, at our desk at work, in our car, and in front of the TV...in many cases we eat unconsciously everywhere but the kitchen table with our families. But does sacrificing time to eat *really* help us? Hear Andrea speak about the fascinating value of the family meal and what we can learn from other captivating cultures around the world. Andrea will stir up the notion that *how* you eat is as important as *what* you eat. Andrea's voice of reason will guide you through a journey of reconnecting with food, trimming time traps, and building a *roaring reliable routine* that will help you balance the speed of life and healthy eating.

The Weight of the World

Uplifting views from a Chocoholic Dietitian.

We are a nation obsessed with controlling our food and weight. We are surrounded by fast food, “all you can eat” buffets, fat and calorie-laden convenience foods and portion distortion. At the same time we are obsessed with dieting, underweight fashion models, gimmicks and the “latest and greatest” cure-all health books. Andrea believes we live in a culture that is ironically saying “*eat...but don't eat*” and as a result we are getting fatter, unhealthier, and more disordered in our relationship with food and our bodies. Is there a way to really have it all...good health, a balanced weight, and take pleasure in eating ALL the foods you like? Absolutely! Andrea, a die-hard chocoholic, speaks about her key steps to uplift the weight of the world and truly match eating enjoyment with health. Toss fad diets and sexy-instafixes aside and get a taste of what happens when you try to eat *better* rather than attempt to eat *right*.

