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# FELICIA D. STOLER, MS, RD

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✉ fstoler@att.net ✉ (732) 946-4436 ✉ www.feliciastoler.com

Available for

## Nutrition & Fitness Consultant

Public Speaking, Consulting, Media Appearances

**Registered dietitian, exercise physiologist, and expert consultant in nutrition and healthful living**, specializing in integrating behavior modification and exercise strategies to influence positive outcomes. Offer strong credentials and expertise in health and wellness optimization, coupled with polished presentation, public speaking, and on-air skills. Provide multiple program benefits and value-added services that include well-researched, informed opinions regarding nutrition/exercise; practical demonstrations and exercises to support current theory; and customized approaches to goal and action-plan development. Documented success in delivering health/wellness programs and presentations for a wide range of corporations and organizations including:

<b>Nike</b> The ING New York City Marathon	<b>Discovery/The Learning Channel</b> LesserEvil	<b>National Governors Association</b> Ovaltine
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### SELECTED AREAS OF EXPERTISE

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- ✉ Body Composition Analysis
- ✉ Individualized Nutrition Programs
- ✉ Exercise Program Design
- ✉ Healthy Lifestyle Management
- ✉ Gastrointestinal Disorders
- ✉ Pediatric Nutrition
- ✉ Obesity & Eating Disorders
- ✉ Cardiovascular Disease & Diabetes
- ✉ Nutrition Education

*"Behavior modification through better nutrition and regular exercise is a lifelong undertaking. Learning about good nutrition and adopting realistic exercise goals will put you on the right track to a healthier lifestyle."*

– Quoted in **Greater Media Newspapers, The News Transcript, Health & Fitness**

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### RELEVANT EXPERIENCE

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#### NUTRITIONAL CONSULTANT, 2000 . Present

Built impressive portfolio of speaking engagements, training programs, and media presentations/discussions through independent engagements with corporate and nonprofit organizations. Offer nutrition and exercise assessment, education, and recommendations to promote optimal health through private counseling practice. Leveraged subject-matter expertise, public speaking skills, and genuine enthusiasm for health and wellness issues to produce successful work and contribute to improved lifestyle decisions. *Selected Engagements & Accomplishments:*

- **Honey We're Killing the Kids** . the new **on-air host** for the reality show on The Learning Channel (Discovery Communications, Inc.). The second season will debut in March 2007.
- **The ING New York City Marathon** . Served as **nutrition coordinator** and member of medical team. Provided nutrition/hydration information and served as Sports Nutrition Contact at Marathon Expo visited by all **30,000** runners. Wrote article about nutrition and hydration for official marathon publication distributed to participants.
- **ABC News Medical Unit** . Completed a medical internship residency where responsibilities included writing scripts for Dr. Tim Johnson's Medical Minute, wrote medical stories for ABCNEWS.com, researched stories for all ABC News units, provided on-air interview for ABC News's Inside the Newsroom and hosted a two-way, interview (on-air) for ABCNews.com. Continues to provide services to ABC News within her scope of expertise.
- **National Governors' Association** . Provided a surprise get-up-out-of-your seat+ exercise session at the Winter 2006 NGA meeting for all the Governors's spouses.
- **NIKE 26.2** Featured sports nutrition expert for Nike's first Run Like a Girl+marathon in San Francisco. **NIKE RUN NYC** . Delivered formal presentations over several days in Nike's Runners Lounge for the NYC Marathon; featured as **Expert Speaker** for five months on sports nutrition for the RUN NYC program .

## NUTRITIONAL CONSULTANT . *continued*

- **University of Medicine and Dentistry of New Jersey** – Developed and created the UMDNJ Worksite Wellness Program that incorporates 12 weekly, group nutrition, fitness and behavior modification classes in a health sciences university. Provide guest lectures on sports nutrition, body composition, physical assessments and private practice to dietetics program. This program is the foundation for doctoral research requirement.
- **Ovaltine** . Featured in nine nationwide radio commercials for Ovaltine.
- **NJ 101.5 FM Radio** . Regular radio news expert for nutrition and fitness stories. Participated in event sponsored by **#1 talk radio show** in New Jersey, functioning as on-air spokesperson and professional nutrition advisor while also providing educational materials for the Chubb Club.

## MEDIA SPOTLIGHT

- Published author of numerous articles on nutrition, exercise, health, and wellness.
- Quoted/cited/published frequently as subject matter expert by newspapers and magazines including the *Lancet*, *NY Daily News*, *The NY Times*, *NY Post*, *NJ Monthly Magazine*, *Courier-Post*, *Star-Ledger*, *Asbury Park Press*, *Greater Media Newspapers*, *The News Transcript*, and *The NY City Marathon Program*, *NY Runner*, *TimeOut NY*, *Fitness Magazine*, *Oxygen*, *Runners World*, *Teen Vogue*, *Shape*, *Food Arts*, *The Arizona Republic*, *Home News Tribune*, *Prevention*, *Women's Health*, *NJ Blitz*, *SELF*, *ABCNEWS.com*, *the Drudge Report*, and *the Rush Limbaugh Show*.
- Monthly guest spot on *The Derek & Romaine Show* . Sirius Satellite for **Medical Mondays**+discussing nutrition and fitness with callers and hosts since December 2004.
- Nutrition Columnist for *NJ Blitz Magazine*.
- Repeated guest spots as on-air nutrition and fitness expert for 101.5 FM, New Jersey's #1 talk-radio station.
- Television appearances on *News 12 New Jersey*, *NJN*, and *Dateline*, *NBC*, *Good Morning America*, *WB 11*, *ABC News Inside the Newsroom*.
- Contributed chapters on nutrition for *NYRRC Complete Book of Running & Fitness* and *Get FIT NJ*.
- Spokesperson for LesserEvil snacks.
- Featured Dietitian on website for Camp Shane, a weight-loss camp for children and adolescents . [www.campshane.com](http://www.campshane.com).

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## EDUCATION

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### **Doctor of Clinical Nutrition (DCN) student 2003-Present**

UNIVERSITY OF MEDICINE & DENTISTRY OF NJ; School of Health Related Professions

### **Master of Science (MS) Degree in Applied Physiology and Nutrition Education, 1999**

COLUMBIA UNIVERSITY, Teachers College, New York, NY

### **Dietetic Internship, 1,100 Hours of Supervised Practice and Instruction, 1999 – 2000**

COLUMBIA UNIVERSITY, Teachers College, New York, NY

### **Bachelor of Arts (BA) Degree in Political Science and Sociology, 1989**

TULANE UNIVERSITY, Newcomb College, New Orleans, LA

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## CREDENTIALS

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### **Professional Certifications:**

- **American College of Sports Medicine (ACSM)** . Certified Health & Fitness Instructor
- **American Dietetic Association (ADA)** . Registered Dietitian

### **Affiliations:**

- **Greater New York Dairy Council** . Media Spokesperson
- **The New Jersey Dietetic Association** . Immediate Past-President, Past-Media Representative/Public Relations Chairperson
- **Greater NY Chapter, American College of Sports Medicine** . Secretary & Treasurer
- **The Society for Nutrition Education** . Member

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## ADDITIONAL ACTIVITIES

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### ADJUNCT PROFESSOR: NUTRITION / HEALTH FACULTY, 2000 . Present

BROOKDALE COMMUNITY COLLEGE, Lincroft, NJ (2000 . 2005)

**Adjunct Professor.** Teach 3-credit-hour course entitled "Nutrition and Health" during fall, spring, and summer semesters. Earned high marks from student evaluations and positively influenced students entering nutrition field.

KEAN UNIVERSITY, Union, NJ (2001)

**Adjunct Professor.** Taught two sections of 3-credit-hour "Nutrition and Health" course with consistent student rankings of "excellent" for depth and quality of instruction.

NY SPORTS CLUB / TOWN SPORTS INTERNATIONAL, NY / NJ (2000 . 2002)

**Faculty Member/Instructor.** Create nutrition education curriculum for Foundations of Personal Training (FPT) program. Serve as Instructor for Advanced Training Systems (continuation of FPT). Evaluated program, provided recommendations for existing curriculum, and collaborated with team to rewrite curriculum.

### **Volunteer Work & Highlights:**

- Appointed to the NJ Council on Physical Fitness & Sports
- American College of Sports Medicine . Up and Coming Member, 2002
- ABC, Inc. . Volunteer of the Year Award, June 1998  
Recognized for commitment and dedication to community service.
- Manhattan Profile . *New York Newsday*, July 15, 1994  
Featured in article for excellence in community service.
- Member of the Marlboro Township Farmland, Historic, Open Space Preservation Committee.
- Chairwoman, Marlboro Township Health & Fitness Committee
- Served as Dietetic Internship Preceptor/Career Mentor
- The Momentum AIDS Project, New York, NY . Tastings Co-Chair, Board of Directors, 1995 . 2003  
Participate in strategic planning, fundraising, and design for program with 1,000 participants.
- Herbert G. Birch Services, New York, NY, 1992 . Present  
Guest speaker, fundraiser, and camp counselor for children and families affected by HIV.

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## ADDITIONAL EXPERIENCE

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COLUMBIA UNIVERSITY (Teachers College), New York, NY **Research Assistant** (1998 . 2001)  
Effect of Variable Carbohydrate Intake on Exercise Performance in Female Endurance Cyclists.  
Dolins, KR, Boozer, CN, Stoler F, Bartels M, DeMeersman R, Contento I. *International Journal of Sport Nutrition and Exercise Metabolism*. 2003, 13 (4) 1-15.

ABC NEWS, New York, NY **Associate, Film & Tape Practices** (1993 . 1998)

MILBANK, TWEED, HADLEY & McCLOY, New York, NY **Legal Assistant** (1989 . 1993)