

# **Erin Palinski**

**Nutrition & Fitness Expert at Erin Palinski, RD, CDE, LDN, CPT**

Hamburg, NJ, US

Nationally recognized Nutrition & Fitness Expert- Engaging & Motivating Speaker-Practical & Real-World Advice for Every Life!

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## **Biography**

Erin Palinski, RD, CDE, LDN, CPT is a nationally recognized nutrition and fitness expert who has contributed her expertise to national media outlets such as the CBS Early Show, ABC News, CBS News, News 12, Fox News, Fitness Magazine, Consumer Reports, Chicago Tribune, and Prevention Magazine. Erin is a Registered Dietitian, Certified Diabetes Educator, and Certified Personal Trainer. She operates a private practice in NJ and frequently serves as a media spokesperson, nutrition consultant, and speaker. She is the author of multiple publications including the upcoming ?Belly Fat Diet for Dummies? (Wiley, 2012), the "Healthy 'n Fit Pediatric Weight Management Program" and the "Healthy Resolutions Weight Management Program." 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! Erin serves on the Advisory Board for the College of Saint Elizabeth and is also the Obesity & Nutrition Advisory Board expert for ZiggityZoom.com. Erin is also a featured nutrition & fitness expert and writer for GalTime.com, Sharecare.com, and DrLaura.com Erin's clips and media reel along with testimonials are available on her website at [www.erinpalinski.com](http://www.erinpalinski.com)

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## **Availability**

Keynote, Moderator, Panelist, Workshop, Host/MC, Author Appearance, Corporate Training

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## **Industry Expertise**

Food and Beverages, Health Care - Providers, Health and Wellness

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## **Areas of Expertise**

Fire Up Your Metabolism, Food & Mood, Nutrition 101: Everything You Always Wanted to Know and Never Asked, Eating for Peak Performance

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## **Affiliations**

American Council of Exercise, National Certification Board for Diabetes Educators, Academy of Nutrition and Dietetics, Virginia Tech, College of Saint Elizabeth

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## **Education**

**Virginia Tech**  
BS Human Nutrition, Foods, and Exercise

**College of Saint Elizabeth**  
RD Dietetic Internship

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## **Accomplishments**

### **"Top 20 Under 40" - NJ Herald**

Recognized as one of the top 20 business professionals under 40 in NJ by Herald News

### **"America's Ultimate Expert" Woman's World Magazine**

Recognized as America's Ultimate Expert in nutrition and fitness for Woman's World Magazine four times

**Author "Belly Fat Diet for Dummies" (Wiley, 2012)**

**Author, Healthy Resolutions Weight Management Program**

**Author, Healthy 'n Fit Pediatric Weight Management Program**

**Nominated as "Young Dietitian of the Year"**

Nominated as "Young Dietitian of the Year" for NJDA

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