



TARA GIDUS, MS, RD, CSSD, LD/N PERFORMANCE COACH- NUTRITION

Tara Gidus is a nationally recognized expert on nutrition, fitness, and health promotion. As a National Media Spokesperson for the American Dietetic Association, Tara is quoted in a variety of media including television, radio, newspapers, magazines, and websites. She currently appears biweekly as the *Diet Diva* on the national morning television show, *The Daily Buzz*.

A dynamic speaker, she motivates groups of all sizes on various topics such as maximizing energy, achieving a healthy weight, preventing disease, and creating a positive body image. As a consultant, she has worked with numerous companies including Walt Disney World, Canyon Ranch Spa, Rosen Hotels, Welnia, and others. Tara helped improve the diets of senior executives through her work with the Rippe Health Assessment at Florida Hospital Celebration Health. She has also overseen numerous weight loss research projects.

Tara appears frequently as a medical expert on various television stations including the Orlando NBC, CBS, ABC, and Fox stations, WB Network, and The Golf Channel. She has been quoted in various publications including the *Associated Press*, *New York Times* as well as numerous magazines including *Men's Health*, *People*, *Runner's World*, *Fitness*, *Club Business International* and more. She has received numerous awards including the prestigious *Recognized Young Dietitian of the Year* from the Florida Dietetic Association in 2003.

Tara graduated from Purdue University earning a master of science degree in health promotion, specializing in health behavior and worksite wellness programs, and a bachelor's degree with a double major of dietetics and nutrition, fitness, and health. She is a Licensed Dietitian/Nutritionist, and one of four dietitians in Florida and one of 58 in the country who holds a Board Certification as a Specialist in Sports Dietetics. She regularly volunteers with the Restoration Ministries for Women, the American Cancer Society's Orlando Chapter, the East Central Dietetic Association, and the Florida Dietetic Association. Tara is an avid runner and has completed seven marathons including the prestigious Boston Marathon.

The Human Performance Institute offers training solutions ranging from executive training programs and on-site corporate training to keynote presentations and train-the-trainer programs. Corporate clients include Smith Barney Citigroup, GlaxoSmithKline, PepsiCo, and Procter & Gamble.