

*liza baker*

5118 Birkdale Dr.  
Ann Arbor, MI 48103  
310-892-9485  
liza@simply-healthcoaching.com

## *#lifegoals*

Effecting positive change in personal, organizational, and community health and the healthcare fields using my coaching skills—in combination with extensive experience in culinary arts, curriculum creation, writing, publishing, grants, and administration in the education and nonprofit sectors.

## *experience*

### **Integrative Nutrition® Health Coach**

Simply: Health Coaching, April 2014 – present

### **Author**

*Flip Your Kitchen*, published October 31, 2016.

### **Nonprofit Consultant**

July 2018 – present

### **Freelance Writer + Editor**

November 2012 – present

### **Kitchen Coach**

Simply: Home Cooking, August 2009 – December 2016

### **Fair Food Network (Ann Arbor, MI)**

Grants + Reports Manager; Executive Assistant to the President/CEO  
November 2009 – January 31, 2019

### **Curry Girls Kitchen (Manhattan Beach, CA)**

Book Proposal Writer/Manuscript Editor  
November 2012 – May 2013

### **GrowingGreat (Manhattan Beach, CA)**

Office Administrator  
October 2008 – April 2009

### **USC Annenberg School for Communication (Los Angeles, CA)**

Administrative Assistant, Knight Chair in Media and Religion  
October 2005 – October 2008

*Extensive experience in office administration, curriculum creation, and language instruction.*

## *education*

**Institute for Integrative Nutrition**, Integrative Nutrition® Health Coach Certification, 2014

**Cooking & Hospitality Institute of Chicago**, AAS in Culinary Arts, 1997

**University of Colorado at Boulder**, MA in Chinese Literature, 1992

**Middlebury College**, BA in Chinese, Concentration in Mathematics, 1987

## *skills + qualifications*

- Advanced health coaching skills
- Strong background in development, grant writing, education, and curriculum development
- Excellent verbal and written communication skills, exceptional attention to detail
- Proven ability to prioritize, organize, and meet goals and deadlines
- Strong initiative and follow-through capabilities
- High degree of proficiency with numbers, extensive experience in Microsoft Word, Excel, Outlook, Publisher, and Access; working knowledge of content management systems for website maintenance, basic html, Quickbooks
- Fluent in Mandarin Chinese, reading knowledge of Spanish, French, Russian, Latin

## *service + affiliations*

- Member, The WXW 100, 2018 – present
  - Secretary, Board of Directors, December 2018 – present
- Mentor, Greenhills School, May – June 2017
  - Ana Taylor, Senior Project: I Am Not a Cook.
- Member, Women Business Owners of Southeast Michigan, 2016 – 2018
  - Membership Coordinator, June 2017 – July 2018
- Member, International Association for Health Coaches, 2014 – present

## *volunteer work*

- Holy Faith Church, Mission Café volunteer, 2011 – 2013
- Fair Food Network Double Up Food Bucks volunteer, 2010
- GrowingGreat Peter Burnett Elementary nutrition education instructor, 2008 – 2009
- Torrance Elementary Gifted & Talented Education coordinator, spring 2009
- Torrance Elementary classroom volunteer, 2008 – 2009

## *references*

### **Oran Hesterman, CEO**

Fair Food Network  
205 E. Washington St., Ste. B  
Ann Arbor, MI 48104  
734-213-3999 x 201  
ohesterman@fairfoodnetwork.org

### **Kate Krauss, COO**

Fair Food Network  
205 E. Washington St., Ste. B  
Ann Arbor, MI 48104  
734-213-3999 x 214  
kkrauss@fairfoodnetwork.org

### **Jean Chorazyczewski, Program Director**

Fair Food Network  
205 E. Washington St., Ste. B  
Ann Arbor, MI 48104  
734-213-3999 x 202  
jeanc@fairfoodnetwork.org

### **Cara Cummings, Consulting Colleague**

805-453-0964  
carapcummings@gmail.com

### **Peggy Curry, President and Co-founder,**

GrowingGreat and Curry Girls Kitchen  
477 33<sup>rd</sup> St.  
Manhattan Beach, CA 90266  
310-463-3784  
peggy@currygirlskitchen.com

*Additional references provided upon request.*

## *presentations + workshops*

### *Fl!p Your Kitchen Book Talks + Appearances*

- Argus Farm Stop, Ann Arbor, MI | January 16, 2018
- Grow Your Business, Detroit, MI | September 23, 2017
- St. Nicholas Greek Orthodox Church Women's Expo | May 6, 2017
- All Things Food Co-op, Bryan, OH | April 24, 2017
- Northwestern Ohio Community Action Commission Health Expo | April 24, 2017
- Forsythe Middle School Staff Health Fair | March 24, 2017
- Chelsea Community Kitchen, Chelsea, MI | November 10, 2016
- Stamatopoulos + Sons, Ann Arbor, MI | November 7, 2016

*Kale + Kryptonite: What's the best way to nourish yourself?* NEW Center, Ann Arbor, MI. June 10, 2019.

*SOLE Food | SOUL Food—Nutrition for Busy Women.* Panel moderator for WXW Panel.  
Ann Arbor, MI | November 15, 2018

*PIVOT!* Panelist on American Cancer Society panel about career shifts  
Ann Arbor, MI | November 13, 2018

### *Fl!p Your K!tchen*

Invited speaker. Michigan's 2017 Best and Brightest in Wellness®, October 20, 2017.

*Basic Knife Skills + Safety | UM School of Public Health*  
Ypsilanti, MI | September 20, 2017

### *Kale or Kryptonite?*

Align Chiropractic, June 29, 2017

### *Feeling hot Hot HOT*

McKinley Properties | June 20, 2017

### *Distress | De-stress*

VCA Hartland Animal Hospital | May 16, 2017

### *Fl!p Your K!tchen Workshop*

Northwest Ohio Community Action Council, Archbold, OH | April 24, 2017

### *Fl!p Your K!tchen Workshop 2*

MB Financial, Ann Arbor, MI | April 11, 2017

### *The Rooms in Your Life*

Forsythe Middle School Staff Health Fair, Ann Arbor, MI | March 24, 2017

### *Fl!p Your K!tchen Workshops 1+2*

MB Financial, Wilmington, OH | March 21, 2017

### *Fermented Foods*

Creating Space for Wellness, UM, Ann Arbor, MI | March 16, 2017

### *Fl!p Your K!tchen Workshop 1*

MB Financial, Ann Arbor, MI | March 15, 2017

*Month of Margin: Creating Space in Our Homes and Our Lives*

Collaboration with Holly Southerland, Traveling Organizer, Ann Arbor, MI | March 5/12/19, 2017

*Show + Tell | Simply: Health Coaching*

Women Business Owners of Southeast Michigan | February 7, 2017

*Distress | De-stress*

Eastern Michigan University Children's Institute | November 15, 2016

Invited Presenter, *Ladies Night | Beauty from the Inside Out*

Everfit Training Studio, Brighton, MI | October 19, 2016

Invited Speaker, Culinary Careers course

Kalamazoo Valley Community College, Kalamazoo, MI | September 22, 2016

*Basic Knife Skills + Safety | UM School of Public Health*

Ann Arbor, MI | September 21, 2016

*Nourish: Spring into Healthy Eating + Positive Energy*

Ann Arbor, MI | April 3, 2016

Breakout Session Presenter, *Local Food Summit 2016 | Flip Your K!tchen*

Ann Arbor, MI | February 15, 2016

*Take Good Care: Mapping Your Way to Wellness*

Ann Arbor, MI | November 8, 2015

Invited Speaker, Culinary Careers course

Kalamazoo Valley Community College, Kalamazoo, MI | October 19, 2015

*Your Harvest of Health retreat*

Montague, MI | September 25-27, 2015

Guest on *Ask Dr. Nandi* talk show

Detroit, MI | taped September 21, 2015

*Flip Your Garden*

Better Health Store, Novi, MI | August 12, 2015

*Beat the Sugar Blues*

Synergy Chiropractic, Ann Arbor, MI | June 25, 2015

*Eating for Energy*

Great Lakes Family Wellness Expo, Farmington Hills, MI | June 13, 2015

*Nourish: Spring into Healthy Eating + Positive Energy*

Ann Arbor, MI | May 3, 2015

*Beat the Sugar Blues*

A2 Martial Arts, Ann Arbor, MI | April 21, 2015

*Eating for Energy*

A2 Martial Arts, Ann Arbor, MI | February 9, 2015

*Savory Snacks*

Curves, Ann Arbor, MI | June 14, 2014

*Sweet Treats / No Guilt*

Curves, Ann Arbor, MI | March 15, 2014

*Find Your Balance: How Round is Your Circle?*

Curves, Ann Arbor, MI | September 20, 2014

*Flip Your Kitchen Lunch Workshop*

Michigan Holistic Nurses Association Annual Retreat | Howell, MI | September 27, 2014

*webinars + teleseminars + podcast appearances*

*We are not broken!* on Kuel Chiefs, Episode #4. <https://kuellife.com/we-are-not-broken-kuel-chiefs-episode-4/>. May 30, 2019.

*Women's Holistic Health Symposium* on Beautiful Earth show, Body Mind Spirit Radio. April 30, 2019.

*Ann Arbor Wellness Coalition Podcast*

March 10, 2019. <https://directory.libsyn.com/episode/index/show/a2wcpodcast/id/8950763>

*PIVOT!*

December 5, 2018. <https://app.ruzuku.com/courses/25869/about>

*Kitchen Formulas*

November 7, 2018. <https://app.ruzuku.com/courses/25869/about>

*Meal Planning 101*

October 3, 2018. <https://app.ruzuku.com/courses/25869/about>

*Stop Singing the Sugar Blues*

September 5, 2018. <https://app.ruzuku.com/courses/25869/about>

*Reclaim Your Flame*

August 1, 2018. <https://app.ruzuku.com/courses/25869/about>

*The Substitute*

July 4, 2018. <https://app.ruzuku.com/courses/25869/about>

*Courage to Conquer: A Wonder Woman Interview Series to Living Your Most Bad Ass Life | What Nobody's Telling You About Thriving in Your 40s and Beyond.* June 26, 2018. Available upon request.

*I can still get 3 hours...*

June 6, 2018. <https://app.ruzuku.com/courses/25869/about>

*Nutrition Facts Label Reading 101*

May 2, 2018. <https://app.ruzuku.com/courses/25869/about>

*Hope, Healing, and Happiness*

April 9, 2018. [https://www.youtube.com/watch?v=mO4W\\_gEMoRc](https://www.youtube.com/watch?v=mO4W_gEMoRc)

*DR/EAM*

April 4, 2018. <https://app.ruzuku.com/courses/25869/about>

*Constant Craving*

March 7, 2018. <https://app.ruzuku.com/courses/25869/about>

*Kale + Kryptonite*

February 7, 2018. <https://app.ruzuku.com/courses/25869/about>

*Women Are the Journey Podcast* Season 1, Episode 16. January 2018

*Interview of Dr. Fiona Lovely*

January 15, 2018. <https://simply-healthcoaching.com/why-should-i-clear-my-virtual-plate/>

*Interview on Healthy View Radio*

January 4, 2018. <https://www.voiceamerica.com/episode/104457/using-ancient-healing-medicine-for-our-modern-health-care-crisis>

*Declutter Your Daytimer*

January 3, 2018. <https://app.ruzuku.com/courses/25869/about>

*Fearless Self-love Podcast*. Season 1, Episode 6. December 28, 2017

*Behind the Curtain | Health coaches share their strategies for success*

“Updating the Menu | How to evolve when your business changes.”

July 19, 2016

*Eating 4 Energy*

March 22, 2015

*Find Your Balance: How Round is Your Circle?*

November 23, 2014

*published*

## Books

*Flip Your Kitchen: How to Create 21 Meals from Scratch a Week (and not spend your life in the kitchen).*

Ann Arbor, MI: Elizabeth A. Baker, LLC. October 31, 2016.

## Healthy Choices column, We Love Ann Arbor

“Moving on to SOUL Primary Foods.” September 13, 2019.

<https://www.weloveannarbor.com/2019/09/13/healthy-choices-with-liza-baker-moving-on-to-soul-primary-foods/>

“Getting Your Nickel’s Worth.” September 3, 2019.

<https://www.weloveannarbor.com/2019/09/03/healthy-choices-with-liza-baker-sole-food-getting-your-nickels-worth/>

“Cooking Up Some Primary Foods.” September 1, 2019.

<https://www.weloveannarbor.com/2019/09/01/healthy-choices-with-liza-baker-cooking-up-some-primary-foods/>

“Getting Our SOLE Food On.” March 20, 2019.

<https://weloveannarbor.com/2019/03/20/healthy-choices-with-liza-baker-getting-our-sole-food-on/> (Link has not been updated since website change.)

“Hit the pause button; just breathe.” February 6, 2019.

<https://weloveannarbor.com/2019/02/06/healthy-choices-with-liza-baker-hit-the-pause-button-just-breathe/> (Link has not been updated since website change.)

“To Die(t) or Not to Die(t).” January 15, 2019. <https://weloveannarbor.com/2019/01/15/healthy-choices-with-liza-baker-to-diet-or-not-to-diet/> (Link has not been updated since website change.)

“An Intro to Kitchen Formulas.” December 11, 2018. <https://weloveannarbor.com/2018/11/07/healthy-choices-with-liza-baker-meal-planning-101/> (Link has not been updated since website change.)

“Meal Planning 101.” November 7, 2018. <https://weloveannarbor.com/2018/11/07/healthy-choices-with-liza-baker-meal-planning-101/> (Link has not been updated since website change.)

“Why Cook from Scratch and Eat Family Meals at Home?” October 24, 2018.

<https://weloveannarbor.com/2018/10/24/healthy-choices-with-liza-baker-why-cook-from-scratch-and-eat-family-meals-at-home/> (Link has not been updated since website change.)

“On Going Dairy Free.” September 24, 2018. <https://weloveannarbor.com/2018/09/24/healthy-choices-with-liza-baker-on-going-dairy-free/> (Link has not been updated since website change.)

“On Going Gluten Free.” August 21, 2018. <https://weloveannarbor.com/2018/08/21/healthy-choices-with-liza-baker-on-going-gluten-free/> (Link has not been updated since website change.)

“Are ‘Substitutions’ a Healthier Option?” July 6, 2018.

<http://weloveannarbor.com/2018/07/06/healthy-choices-with-liza-baker-are-substitutions-a-healthier-option/> (Link has not been updated since website change.)

“Demystifying Food Labels, Part 2.” June 4, 2018.

<http://weloveannarbor.com/2018/06/04/healthy-choices-with-liza-baker-demystifying-food-labels-part-2/> (Link has not been updated since website change.)

“Demystifying Food Labels, Part 1.” May 10, 2018.

<http://weloveannarbor.com/2018/05/10/healthy-choices-with-liza-baker-demystifying-food-labels-part-1/> (Link has not been updated since website change.)

## Articles

“Flip Your Kitchen Basic Pesto.” Integrative Nutrition Recipes. March 28, 2019.

<https://integrativenutritionrecipes.com/2019/03/28/flip-your-kitchen-basic-pesto/>

“How to create a 5 year plan that actually means something.” Everyday Power Blog. July 17, 2018.

<https://everydaypowerblog.com/five-year-plan/>

“SOLE food to SOUL food – Nutrition for the body, mind, and spirit.” We Love Ann Arbor. April 15, 2018.

<http://weloveannarbor.com/2018/04/15/aawc-sole-food-to-soul-food-nutrition-for-the-body-mind-and-spirit/>

“7 Ways to organize your day for success.” Everyday Power Blog. February 23, 2018.

<https://everydaypowerblog.com/organize-your-day/>



- "Cooking as a Spiritual Practice." *Crazy Wisdom Journal*. January 2018. Issue 68.
- "How Your Life Changes When You Focus on Being Positive Regardless of the Situation." Everyday Power Blog. March 20, 2017. <https://everydaypowerblog.com/2017/03/20/focus-on-the-positive-regardless-of-situation/>
- "Recipe of the Month: Marinara Sauce." Ann Arbor Family. January 2, 2017. <http://annarborfamily.com/food/recipe-of-the-month-marinara-sauce/>
- "How a Writer Self-Published a High Quality Book that Now Generates a Passive Income." Chad R. Allen Blog. December 20, 2016. <http://www.chadrallen.com/2016/12/20/writer-self-published-high-quality-book-now-generates-passive-income/>
- "Loneliness From a Nutrition Coach's Point of View." LoveAgainBlog. November 15, 2016. <https://www.loveagain.com/dating-blog/loneliness/loneliness-nutrition-coachs-point-view/>
- "10 Tips on How to Become a Better Cook – Even When Busy." Everyday Power Blog. October 4, 2016. <http://www.everydaypowerblog.com/2016/10/04/how-to-become-a-better-cook/>
- "Self-care and 'Happy Stockholders.'" Caerusnet Blog. October 3, 2016.
- "15 Ways to Make Life Simple Again." Everyday Power Blog. May 7, 2016. <http://everydaypowerblog.com/2016/05/07/15-ways-make-life-simple/>
- "How I learned to meditate." Everyday Power Blog. March 25, 2016. <http://everydaypowerblog.com/2016/03/24/how-i-learned-to-meditate/>
- "Five things to NOT do first thing in the morning." Everyday Power Blog. March 2, 2016. <http://everydaypowerblog.com/2016/03/01/five-things-not-to-do-first-thing-in-the-morning/>
- "How's your reality testing?" Everyday Power Blog. February 1, 2016. <http://everydaypowerblog.com/2016/02/01/hows-your-reality-testing/>
- "How do you show up in the kitchen?" Crazy Wisdom Community Journal Blog. January 29, 2016. <http://www.crazywisdomjournal.com/blog/2016/1/18/how-do-you-show-up-in-the-kitchen.>
- "Intentional Leftovers: Always Cook for More than One Meal." *Crazy Wisdom Community Journal*. Issue 62. January 2016. [http://issuu.com/cwcommunityjournal/docs/issue\\_62](http://issuu.com/cwcommunityjournal/docs/issue_62).
- Contributor. "50 Real Working Mum Survival Tips to Help You Stay Sane." Mums that Work. <http://mumsthatwork.com/50-real-working-mum-survival-tips-to-help-you-stay-sane/>.
- "Flip Your Kitchen: Deconstructing Soup." Health Coach Home Digital Magazine. Issue 10. February 2015.

### *quoted + press about*

- "Why Breakfast for Dinner Is Always a Good Idea." Melissa Rudy for SparkPeople. August 19, 2019. [https://www.sparkpeople.com/blog/blog.asp?post=have\\_breakfast\\_for\\_dinner\\_this\\_week](https://www.sparkpeople.com/blog/blog.asp?post=have_breakfast_for_dinner_this_week)
- "Include These Ingredients in Your Lunch to Stay Energized." Melissa Rudy for SparkPeople. August 13, 2019. [https://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=2504](https://www.sparkpeople.com/resource/nutrition_articles.asp?id=2504)

- "Illuminating Books That Teach How to Develop Mindfulness." James Jackson for Boove. May 2019.  
<https://boove.co.uk/illuminating-books-that-teach-how-to-develop-mindfulness/>
- "9 Mistakes Costing You Money at the Grocery Store." Melissa Rudy for SparkPeople. May 13, 2019.  
[https://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=2480](https://www.sparkpeople.com/resource/nutrition_articles.asp?id=2480)
- Body Mind Spirit Guide. April 2019.  
[https://issuu.com/bodymindspiritguide/docs/bmsg\\_2019\\_04\\_digital\\_issue](https://issuu.com/bodymindspiritguide/docs/bmsg_2019_04_digital_issue), 31
- "9 Ways to Beat the Afternoon Slump That Have Nothing to Do with Coffee." Melissa Rudy for SparkPeople. March 26, 2019.  
[https://www.sparkpeople.com/blog/blog.asp?post=beat\\_the\\_afternoon\\_slump](https://www.sparkpeople.com/blog/blog.asp?post=beat_the_afternoon_slump)
- "9 Practical Ways to Stay on Track Every Weekend." Melissa Rudy for SparkPeople. January 2019.  
[https://www.sparkpeople.com/resource/motivation\\_articles.asp?ID=1856](https://www.sparkpeople.com/resource/motivation_articles.asp?ID=1856)
- "6 Tips for Keeping Your Resolutions on Track." Melissa Rudy for SparkPeople. January 7, 2019.  
[https://www.sparkpeople.com/blog/blog.asp?post=5\\_ways\\_to\\_keep\\_those\\_new\\_years\\_resolutions\\_on\\_track](https://www.sparkpeople.com/blog/blog.asp?post=5_ways_to_keep_those_new_years_resolutions_on_track)
- "9 Holiday Pitfalls and How to Avoid Them." Melissa Rudy for SparkPeople. December 10, 2018.  
[https://www.sparkpeople.com/resource/motivation\\_articles.asp?id=978](https://www.sparkpeople.com/resource/motivation_articles.asp?id=978)
- 13 Healthy & Delicious Ways to Marinate Chicken." Melissa Rudy for SparkPeople. December 5, 2018.  
[https://www.sparkpeople.com/blog/blog.asp?post=13\\_healthy\\_delicious\\_ways\\_to\\_marinate\\_chicken](https://www.sparkpeople.com/blog/blog.asp?post=13_healthy_delicious_ways_to_marinate_chicken)
- "7 Tips for Surviving Thanksgiving Without a Setback." Melissa Rudy for SparkPeople. November 2018.  
[https://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=324](https://www.sparkpeople.com/resource/nutrition_articles.asp?id=324)
- "7 Possible Reasons You're Always Feeling Hungry." Melissa Rudy for SparkPeople. October 31, 2018.  
[https://www.sparkpeople.com/resource/nutrition\\_articles.asp?ID=2422](https://www.sparkpeople.com/resource/nutrition_articles.asp?ID=2422)
- "Are Your Kids Making You Fat?" Melissa Rudy for SparkPeople. October 23, 2018.  
[https://www.sparkpeople.com/blog/blog.asp?post=are\\_your\\_kids\\_making\\_you\\_fat](https://www.sparkpeople.com/blog/blog.asp?post=are_your_kids_making_you_fat)
- "14 Foods Nutritionists Would Never Eat on Thanksgiving." Stacey Feintuch for Reader's Digest. October 16, 2018. <https://www.rd.com/health/healthy-eating/foods-nutritionists-never-eat-thanksgiving/>
- "6 Daily Benchmarks that Aren't 10,000 Steps." Melissa Rudy for SparkPeople. October 4, 2018.  
[https://www.sparkpeople.com/resource/motivation\\_articles.asp?id=2416](https://www.sparkpeople.com/resource/motivation_articles.asp?id=2416)
- "35 Self-Care Ideas You Can Start Practicing Today." Melissa Rudy for SparkPeople. October 2, 2018.  
[https://www.sparkpeople.com/blog/blog.asp?post=35\\_selfcare\\_ideas\\_you\\_can\\_start\\_practicing\\_to\\_day](https://www.sparkpeople.com/blog/blog.asp?post=35_selfcare_ideas_you_can_start_practicing_to_day)
- "Should You Replace Your Soda Habit with LaCroix?" Melissa Rudy for SparkPeople. September 12, 2018.  
[https://www.sparkpeople.com/blog/blog.asp?post=should\\_you\\_replace\\_your\\_soda\\_habit\\_with\\_lacroix](https://www.sparkpeople.com/blog/blog.asp?post=should_you_replace_your_soda_habit_with_lacroix)
- "10 Tips to Slash Your Salt and Sodium Intake." Melissa Rudy for SparkPeople. August 14, 2018.  
[https://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=166](https://www.sparkpeople.com/resource/nutrition_articles.asp?id=166)

- “Menopause or ‘Me Time:’ Liza Baker shares her journey.” Namita Nayyar for Women Fitness. July 6, 2018. <https://www.womenfitness.net/menopause-me-time-liza-baker/>
- “Dormire di più nel weekend aiuta a dimagrire.” Francesca Favotto for Vanity Fair (Italia). June 25, 2018. <https://www.vanityfair.it/benessere/salute-e-prevenzione/2018/07/06/dimagrire-dormire-weekend>
- “Is Your Morning Coffee Affecting Your Weight?” Melissa Rudy for SparkPeople.com. May 28, 2018. [https://www.sparkpeople.com/blog/blog.asp?post=is\\_your\\_morning\\_coffee\\_affecting\\_your\\_weight](https://www.sparkpeople.com/blog/blog.asp?post=is_your_morning_coffee_affecting_your_weight)
- “Success Principles We Should Know Today.” Self Development Secrets. May 9, 2018. <https://www.selfdevelopmentsecrets.com/success-principles-roundup/>
- “5 Ways to Get the Most out of Food Tracking. Melissa Rudy for SparkPeople.com. May 3, 2018. [https://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=1143](https://www.sparkpeople.com/resource/nutrition_articles.asp?id=1143)
- “How to Transition from Dieting to Healthy Living.” Melissa Rudy for SparkPeople.com. March 12, 2018. [http://www.sparkpeople.com/blog/blog.asp?post=how\\_soon\\_can\\_you\\_expect\\_to\\_see\\_a\\_change](http://www.sparkpeople.com/blog/blog.asp?post=how_soon_can_you_expect_to_see_a_change)
- “5 Ways Meal Prepping Can Help You Lose Weight.” Melissa Rudy for SparkPeople.com. January 11, 2018. [http://www.sparkpeople.com/blog/blog.asp?post=5\\_ways\\_meal\\_prepping\\_can\\_help\\_you\\_lose\\_weight](http://www.sparkpeople.com/blog/blog.asp?post=5_ways_meal_prepping_can_help_you_lose_weight)
- “9 Resolutions That Make You Happier, Not Skinnier.” Melissa Rudy for SparkPeople.com. January 9, 2018. [http://www.sparkpeople.com/blog/blog.asp?post=9\\_resolutions\\_that\\_make\\_you\\_happier\\_not\\_skin\\_nier](http://www.sparkpeople.com/blog/blog.asp?post=9_resolutions_that_make_you_happier_not_skin_nier)
- “10 Ways a Health Coach Can Help You Finally Achieve Your Dreams.” Melissa Rudy for SparkPeople.com. January 8, 2018. [http://www.sparkpeople.com/blog/blog.asp?post=10\\_ways\\_a\\_health\\_coach\\_can\\_help\\_you\\_finally\\_achieve\\_your\\_dreams](http://www.sparkpeople.com/blog/blog.asp?post=10_ways_a_health_coach_can_help_you_finally_achieve_your_dreams)
- The BRICK Magazine, Issue 1. November 29, 2017. p. 27. [https://issuu.com/sarahfinks/docs/december\\_brick\\_magazine](https://issuu.com/sarahfinks/docs/december_brick_magazine)
- “The Truth About ‘Healthy’ Ice Creams.” Melissa Rudy for Sparkpeople.com. November 22, 2017. [https://www.sparkpeople.com/blog/blog.asp?post=the\\_truth\\_about\\_healthy\\_ice\\_creams](https://www.sparkpeople.com/blog/blog.asp?post=the_truth_about_healthy_ice_creams)
- “4 tips to make your healthy habits stick.” Joe Wicks for The Body Coach. November 20, 2017. <https://www.thebodycoach.com/blog/4-tips-to-make-your-healthy-habits-stick-146.html>
- “How to Deal with Middle of the Night Hunger.” Melissa Rudy for SparkPeople.com. November 14, 2017. [http://www.sparkpeople.com/resource/nutrition\\_articles.asp?ID=2308](http://www.sparkpeople.com/resource/nutrition_articles.asp?ID=2308)
- “Snack Smarter with These 14 Healthier Packaged Snacks.” Melissa Rudy for SparkPeople.com. October 3, 2017. [http://www.sparkpeople.com/blog/blog.asp?post=snack\\_smarter\\_with\\_these\\_13\\_healthier\\_packaged\\_snacks](http://www.sparkpeople.com/blog/blog.asp?post=snack_smarter_with_these_13_healthier_packaged_snacks)
- “The Best Self-Help Books [Picked By 200+ Influencers][2017 Update].” Self Development Secrets. September 23, 2017. <https://www.selfdevelopmentsecrets.com/best-self-help-books/>

“Everything You’ve Ever Wanted to Know About Alternative Flours.” Melissa Rudy for Sparkpeople.com. September 13, 2017. [http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=2280](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=2280)

“Snack Smarter with These 30+ Healthy Ideas.” Melissa Rudy for Sparkpeople.com. August 25, 2017. [http://www.sparkpeople.com/blog/blog.asp?post=snack\\_smart\\_with\\_these\\_30\\_healthy\\_ideas](http://www.sparkpeople.com/blog/blog.asp?post=snack_smart_with_these_30_healthy_ideas)

“Science Just Proved Sleeping In Can Help You Lose Weight—Really!” Lauren Cahn for Readers’ Digest. August 21, 2017. <https://www.rd.com/health/diet-weight-loss/catch-up-sleep-lose-weight/>

“11 Weight-Loss Rules Meant to Be Broken.” Melissa Rudy for Sparkpeople.com. August 14, 2017. [http://www.sparkpeople.com/resource/motivation\\_articles.asp?id=2284](http://www.sparkpeople.com/resource/motivation_articles.asp?id=2284)

“16 Morning Rituals of Super Successful People.” Christina Heiser for Curos.com. July 17, 2017. <https://getcuros.com/16-morning-rituals-of-super-successful-people/>

“10 So-called Healthy Foods that Are a Waste of Money.” Melissa Rudy for Sparkpeople.com. June 30, 2017. [http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=2269](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=2269)

“This Is the Secret to Stop Your Nighttime Stress-Eating Habit, According to Science.” Lauren Cahn for Reader’s Digest. June 29, 2017. <http://www.rd.com/health/wellness/stop-nighttime-stress-eating/>

“Your Money: Creative caregiving solutions for the ‘sandwich generation.’” Beth Pinsker for Reuters. May 31, 2017. <http://www.reuters.com/article/us-money-retirement-sandwichgen-idUSKBN18R2TT>

“8 Aisles to Avoid at the Grocery Store.” Melissa Rudy for Sparkpeople.com. May 3, 2017. [http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=2256](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=2256)

Featured in IIN®’s Ambassador Spotlight, May 1, 2017.

“9 Things You Should Never Do before 9am.” Melissa Rudy for SparkPeople.com. April 29, 2017. [http://www.sparkpeople.com/resource/wellness\\_articles.asp?id=2242](http://www.sparkpeople.com/resource/wellness_articles.asp?id=2242)

“How Weight Loss Changes as You Age.” Melissa Rudy for SparkPeople.com. April 3, 2017. [http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=2256](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=2256)

“7 Secrets to Mindful Eating.” Melissa Rudy for SparkPeople.com. February 27, 2017. [http://www.sparkpeople.com/blog/blog.asp?post=7\\_ways\\_to\\_eat\\_mindfully\\_on\\_thanksgiving\\_or\\_a  
ny\\_day](http://www.sparkpeople.com/blog/blog.asp?post=7_ways_to_eat_mindfully_on_thanksgiving_or_any_day)

“Achieve 5 Major Health Goals, 1 Step at a Time.” Melissa Rudy for SparkPeople.com. January 26, 2017. [http://www.sparkpeople.com/resource/motivation\\_articles.asp?id=2213](http://www.sparkpeople.com/resource/motivation_articles.asp?id=2213)

“How to Achieve 5 Major Health Goals This Year.” Melissa Rudy for SparkPeople.com. January 17, 2017. [http://www.sparkpeople.com/resource/motivation\\_articles.asp?ID=2213](http://www.sparkpeople.com/resource/motivation_articles.asp?ID=2213)

“10 Ways Busy Parents Get Dinner on the Table—Fast!” Food Network.com. January 9, 2017. [http://www.foodnetwork.com/how-to/packages/help-around-the-kitchen/photos/busy-parents-  
get-dinner-on-the-table-fast](http://www.foodnetwork.com/how-to/packages/help-around-the-kitchen/photos/busy-parents-get-dinner-on-the-table-fast)

“9 Ways to Ditch the All-or-Nothing Approach.” Melissa Rudy for SparkPeople.com. January 4, 2017. [http://www.sparkpeople.com/resource/motivation\\_articles.asp?id=2209&page=2](http://www.sparkpeople.com/resource/motivation_articles.asp?id=2209&page=2)

- "What's New in the Community." *Crazy Wisdom Journal*. January 2017.  
[https://issuu.com/cwcommunityjournal/docs/cw\\_issue\\_65](https://issuu.com/cwcommunityjournal/docs/cw_issue_65), p. 16.
- "15 Resolutions Health Experts Wish You Would Make." Melissa Rudy for SparkPeople.com December 29, 2016.  
[http://www.sparkpeople.com/blog/blog.asp?post=15\\_resolutions\\_health\\_experts\\_wish\\_you\\_would\\_make](http://www.sparkpeople.com/blog/blog.asp?post=15_resolutions_health_experts_wish_you_would_make)
- "Do You Suffer from Analysis Paralysis?" Melissa Rudy for SparkPeople.com. December 5, 2016.  
[http://www.sparkpeople.com/resource/motivation\\_articles.asp?id=2192](http://www.sparkpeople.com/resource/motivation_articles.asp?id=2192)
- "13 Mistakes that Cause Resolutions to Fail." Melissa Rudy for SparkPeople.com.  
[http://www.sparkpeople.com/resource/motivation\\_articles.asp?id=2203](http://www.sparkpeople.com/resource/motivation_articles.asp?id=2203)
- "Analysis Paralysis: 7 Ways to Prevent Decision Fatigue." Melissa Rudy for Sparkpeople.com.  
[http://www.sparkpeople.com/resource/motivation\\_articles.asp?id=2192](http://www.sparkpeople.com/resource/motivation_articles.asp?id=2192)
- "On-the-Go Snacks: What 8 Nutritionists Eat." Edible Communities. November 2, 2016.  
<http://www.ediblecommunities.com/food-drink/go-snacks-what-8-nutritionists-eat>
- "Which Health Expert Is Right for You?" Jen Mueller for SparkPeople.com. October 25, 2016.  
[http://www.sparkpeople.com/resource/wellness\\_articles.asp?id=2177](http://www.sparkpeople.com/resource/wellness_articles.asp?id=2177)
- "50 Tips for Staying Fit through Your Fifties." Melissa Rudy for SparkPeople.com.  
[http://www.sparkpeople.com/resource/fitness\\_articles.asp?id=2179](http://www.sparkpeople.com/resource/fitness_articles.asp?id=2179)
- "10 Tips for Meal Planning and Cooking in Small Batches." CLV Group. September 16, 2016.  
<http://clvgroup.com/blog/2016/09/15/10-tips-for-meal-planning-and-cooking-in-small-batches/>
- "What 8 Nutritionists Eat When They're Starving and Out of Options." Jenn Sinrich for The Warm Up. September 8, 2016. <https://classpass.com/blog/2016/09/08/nutritionists-recommend-on-the-go-snacks/>
- "9 Habits that Could Be Sabotaging Your Fitness Goals." Carina Wolff for Bustle. August 17, 2016.  
<https://www.heartratemonitorsusa.com/blogs/news/9-habits-that-could-be-sabotaging-your-fitness-goals>
- "37 Secrets Nutritionists Won't Tell You for Free." Charlotte Hilton Andersen for Reader's Digest. July 23, 2016. <http://www.rd.com/health/healthy-eating/diet-tips/>
- "Chocolate Hemp Milk Recipe." Lambeth Hochwald for MotherNatureNetwork.com. June 20, 2016.  
<http://www.mnn.com/food/recipes/stories/chocolate-hemp-milk-recipe>
- "10 Smart Uses for Food That's About to Go Bad." Mikey Rox for WiseBread.com. May 12, 2016.  
<http://www.wisebread.com/10-smart-uses-for-food-thats-about-to-go-bad>
- "How to create a weekly meal plan." Lambeth Hochwald for MotherNatureNetwork.com. May 4, 2016.  
<http://www.mnn.com/food/healthy-eating/stories/how-create-weekly-meal-plan>
- "Kid-friendly snacks the healthy eating experts say they won't feed their own kids." Rudy Chase for BIG 96.3. April 12, 2016. <http://www.963bigfm.com/2016/04/12/these-kid-friendly-snacks-are/>

- "What's the Best Change You've Made for Your Health?" UrgentCareExtra.com. March 29, 2016.  
<https://www.urgentcareextra.com/whats-the-best-change-youve-made-for-your-health/>
- "Behind every person is a great affirmation." Blackdoctor.org. March 29, 2016.  
<http://blackdoctor.org/485041/behind-every-great-person-is-a-great-affirmation/>
- "How to Prep Your Meals Like a Pro Triathlete." OutsideOnline.com. March 18, 2016.  
<http://www.outsideonline.com/2062616/how-prep-your-meals-pro-triathlete>
- "Nutrition Month: Everything You Need to Know About Eating Gluten-Free." Amy Height for ClassPass | The Warmup. <http://blog.classpass.com/2016/03/16/nutrition-month-everything-you-need-to-know-about-eating-gluten-free/>
- "8 Nutrition Experts Dish on Their Favorite Books." Lisa Ellis for QualityHealth.com. March 10, 2016.  
<https://www.qualityhealth.com/eating-nutrition-articles/8-nutrition-experts-dish-their-favorite-books>
- "Dinner Is Served: Cooking as a Couple." Kristen Castillo for *Special Sections for Creators*. February 24, 2016. <http://specialsections.creators.com/sections/read/brides-and-bouquets-2016/165931>.
- "7 Hacks To Help You Meal Plan Throughout The Week For Healthier & Easier Meals." Bustle.com. February 22, 2016. <http://www.bustle.com/articles/143242-7-hacks-to-help-you-meal-plan-throughout-the-week-for-healthier-easier-meals>
- "Personalized Algorithmic Diets: Promising or Impractical?" John Egan for *Health Bites Blog*. January 4, 2016. <http://blog.vitacost.com/wellness/personalized-algorithmic-diets-promising-or-impractical.html>.
- "50 Recipes for Your New Year's Weight Loss Resolution." MSN.com. December 4, 2015.  
<http://www.msn.com/en-us/foodanddrink/recipes/50-recipes-for-your-new-year%E2%80%99s-weight-loss-resolution/ss-AAgilft#image=19>
- Southwestern Quinoa Salad Recipe. *The Daily Meal*. November 19, 2015.  
<http://www.thedailymeal.com/recipes/healthy-southwestern-quinoa-salad-recipe>