

# SHELLY MARIE REDMOND, MS, RD, LDN

## NUTRITION AND LIFESTYLE SPOKESPERSON

WEBSITE: [WWW.SHELLYMARIERD.COM](http://WWW.SHELLYMARIERD.COM)

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Shelly Marie Redmond, MS, RD, LDN, is a **registered dietitian, author, speaker,** and **etiquette instructor.** As a nutrition and lifestyle expert, divulges the simplicity of *'eating for zest and living with class'* to youth, colleges, and corporations. Her unique blend of class, style, grace, and wit motivates and inspires audiences to shine from the inside out. She combines her educational and professional experiences as a registered dietitian and etiquette instructor with her fun, witty approach with all her crowds.



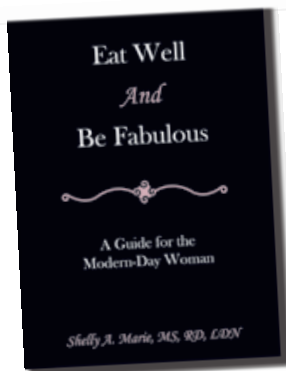
Shelly is the founder and CEO of **College Lifestyles TM**, a nutrition, lifestyle, and etiquette firm devoted to programming for college co-eds and sorority ladies. At College Lifestyles, Shelly manages the day to day operations of the firm, in addition to supervising the work of PR and Writing Interns.

In 2010, **College Lifestyles** was honored by **eCollegefinder** for winning a spot in the highly prestigious **Freshman Advisors Awards.**

Shelly is a former media spokesperson for the Louisiana Dietetic Association, and has been interviewed by **CBS** and **NBC** affiliate stations on various nutrition topics. She has been quoted in **Cosmopolitan, Today's Diet and Nutrition Magazine, City Lights, and the Forum.**

Shelly earned her bachelor's and master's degrees in nutrition and dietetics, and is a Registered Dietitian (RD). Shelly has not left her sorority life behind, she is currently the **National Vice President for Alpha Sigma Tau Sorority.**

*'My mission is to divulge the secrets of eating for zest and living with class! When we do this, we SHINE!'*



*Shelly is the author of 'Eat Well and Be Fabulous.'*



**COLLEGE LIFESTYLES**  
Nutrition, Lifestyle, and Etiquette for Savvy Co-Eds

## Partial Client List.

- American Heart Association
- School Nutrition Association of Louisiana
- Health Ways
- Doerle Food Service
- CONCO
- YMCA
- Lafayette Dietetic Association
- LSU-Shreveport
- Mississippi Dietetic Association
- Centenary College of Louisiana
- Northwestern State University of LA
- University of Pittsburgh
- University of Florida
- Clarion University of PA
- Shreveport-Bossier Breast Cancer Survivor Luncheon
- Alpha Sigma Tau
- Got Milk! Campaign
- SCIPORT

## Testimonials

Shelly Marie was amazing! She held the audience's attention from women age 18 to 90 years old. She made the presentation engaging by having an interactive portion on stage with convention attendees. And best of all was all the tips we learned about making the right food choices and proper table etiquette. Thank you.

-Sailynn Doyle, National Vice President, Alpha Sigma Tau National Sorority

As a mentor, preceptor, and teacher for Dietetic Interns at Louisiana Tech University, Shelly Marie is an exemplary role model in professionalism, entrepreneurship and creativity. Whatever Shelly is involved in you know it will be of superior quality, well researched and entertaining!

-Dawn Erickson, Dietetic Internship Director, Louisiana Tech University

As a lecturer in Health and Exercise Science and a coach of long distance runners at Centenary, it is always refreshing to hear Shelly Marie give our students and athletes practical nutrition knowledge they can easily adapt to their college lives. Shelly's lectures are always personal and individualized, depending on the population she is working with. Her recipients leave with empowering tools and a newfound internal motivation to make simple, daily changes in their dietary habits that lead to dynamic improvements in their quality of life.

-Shelley N. Armstrong, Lecturer in Health & Exercise Science, Head Coach Cross Country, Centenary College of Louisiana

Thanks for your energy and motivation! It was a great presentation!

-Christine Black, University of Pittsburgh

### Contact Us:

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## Shelly's Programs

### Eat Well and Be Fabulous: A Guide for Teens

Not your traditional, bland nutrition talk, this is a trend-setting guide for all teens who want to feel and look sensational. Snubbing the **'Fun-Vacuums,'** dreadful rules of counting calories, avoiding foods, weighing weekly, and scare tactics, Eat Well and Be Fabulous divulges the simple, savvy fashion of eating for zest. Teens not only learn to **'shine from the inside out,'** but also will learn **simple cooking tips and snacks to prepare at home.**

### Feeding our Kids Right - Tips for the Modern-Day Family!

**(Can cater to student athletes)**

Kid tested, mom approved! Our schedule (with kids) is no longer 8-4. Throw in practice, cheer, dance, and of course, homework. You have no time to think of dinner! Learn the tricks of the trade for **quick morning breakfast, lunch box specials, and simple dinners.** In addition, discussion will focus on foods for brain health, energy, and mood.

### Modern-Day Etiquette for Kids and Teens - From Facebook to Table Manners

With our **'Grab-and-go'** meals and **'Life by our Technology,'** we sometimes lose track of proper etiquette. This is not an etiquette class of placing a napkin on our laps! Kids and teens will discover 21st century 'Modern-Day' etiquette covering the essentials of **networking, conversational, technology, and virtual etiquette.**

### The TSM Campaign: Bring Class, Compassion, and Civility into the 21st Century.

The TSM Campaign stands for **'Text Sweet Messages.'** With over 5 million mobile phones worldwide, and 1 million text messages sent daily, wouldn't it be nice to make a promise to send a 'TSM' daily. Sadly, our world has been shocked by the misuse of mobile phone devices for harassment and bullying. To combat the issues of **'mean girls,'** we are encouraging all to start using their mobile phone devices for the greater good of all - **spreading messages of joy and compassion.** This presentation will cover the importance of spreading messages of joy and compassion, as well as discussion on how compassion and civility can make a huge difference in the world.

### The Teen Protocol: Poise, Polish, and Perception for Teens.

**(2.5 or 4 hours)**

Protocol is defined as the accepted or established code of procedure or behavior in any group, organization, or situation. The practice of etiquette and protocol offered in schools is non-existent. The Teen Protocol not only takes a time travel and discuss the protocol, poise, and class which we embraced in school, but will teach how to incorporate these exact traditions in the 21st century. The Teen Protocol discuss and educates the protocol of being a classy teenager - **polish, poise, and manners;** and the importance of how our reputation will be perceived by others and the community.