

# ZACH CORDELL MS, RDN

## REGISTERED DIETITIAN-NUTRITIONIST



Searching for a health professional to help engage your audience by teaching nutrition and health that is candid and truthful?

Someone that can keep an audience excited about health, while participants address their own bias? Wanting to help participants sift through the role the media plays in their health?

Invite Zach Cordell!

Offering a unique perspective on nutrition,

Zach Cordell inspires people to look at nutrition through a new light.

This light of hope, faith and self-empowerment allow them to establish healthy behaviors that they can keep up over the rest of their lives.

Through laughter and participant engagement, Zach pulls back the curtain surrounding nutrition buzzwords, fads, and diets to educate individuals on what really matters. Building on this new understanding, participants are able to build their healthy approach from the ground up.

Zach is a registered dietitian nutritionist with experience in one-on-one nutrition counseling, presenting to employee wellness efforts, and teaching as a college professor. Zach earned his bachelor's degree in human nutrition from the University of North Carolina Greensboro, his Masters of community nutrition from the University of Massachusetts, and performed his clinical internship at Yale New Haven Hospital.

He, his wife, and twin daughters currently live in Daytona Beach, Florida where they enjoy biking, going to the beach, participating in community events and exploring the state.

**CORDELL NUTRITION**  
CONSULTING

### Available for:

- Keynote
- General and Breakout sessions
- Workshops and Seminars
- Panel Discussions

### Testimonials

*"He also showed us how to (with confidence, I might add) understand what exactly we were putting into our bodies and how they worked (or didn't) for us."*

*"I appreciated his long-game perspective"*

*"Respectful, knowledgeable, humorous and relatable."*

*"He has a friendly demeanor and a sense of humor but still takes the content seriously"*

*"Relates information for practical application."*

*"Delivers a wealth of knowledge and outlines how to live a healthier life."*

**Request Zach to speak  
at your next event!**

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# Lecture options\*

## **Women Diet, Men Exercise**

Wonder why there are different approaches to obtaining health? This engaging lecture will explore why these different approaches happen, which is most effective, and steps you should take to get your health back.

## **Is Your Weight-Loss Diet Making You Fat?**

If you want to get healthy, you'll need to lose weight, and if you want to lose weight, you'll need to diet. This presentation will explore why this mentality is wrong, and what you should actually be doing!

## **Making Peace with your Plate**

Your food shouldn't be calling the shots in the kitchen. What are we supposed to do when we feel powerless over our food choices. Here you will learn how anxieties around food happen and what you can do to overcome them in order to have an enjoyable dining experience.

## **The Mirror Image**

The actual image of how we appear is not always what we see in the mirror. Our self-image is influenced by experiences and interactions that filter how we see ourselves. Here, participants are required to ask and answer the questions, "what has affected my body image" and "how does it hold me back from achieving the health I want?"

## **Why Fad Diets Work (and Why They Don't)**

Do you have a friend that lost a lot of weight with a cleanse/detox or by following an extreme diet? Are you wondering if you should try it? This lecture will help you define health, understand the importance of sustainable practices and help foster a healthy mindset.

## **Faith and Food**

The way we see the world through our faith can be used to help us make healthy choices. Rarely do people allow themselves to be as vulnerable as they are during religious worship. This engaging presentation enlists scriptures, prayer, faith and passion to help individuals recognize behaviors and overcome barriers to help them achieve the health they want.

\*Specific topics can be requested for to tailor information to your audience for an added fee.

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