



www.TheBroadwayDietitian.com/speaking

Libby Parker

The Broadway Dietitian®
Motivational Speaker
Eating Disorder Expert

speaker media kit

MY STORY

How do theatre and health intersect? Here's my story.

I started dance classes at the age of 3 thanks to my mom who loved to dance. I was brought up on the classic VHS musicals and saw my first professional show (42nd Street) at the age of 5. I loved it so much I begged my mom to take me to see it again, and a theatre lover was born!

Throughout the years I took all kinds of dance classes, finding a real love in ballroom/social dance, especially swing (with lifts/aerials) in college. I lettered in Drama in High School, where I got my first taste of being in musicals in a real theatre setting (and learned I am not cut out for tech work).

Off to college, I didn't realize my own eating disorder was blossoming. Having low self-esteem, I had decided I would go to veterinary school, instead of theatre. Well, only one semester in it hit me - I did *not* want to get called out at 3 am in the middle of a blizzard (this was Wisconsin) to stick my arm up a horse's behind! What could I do with people?

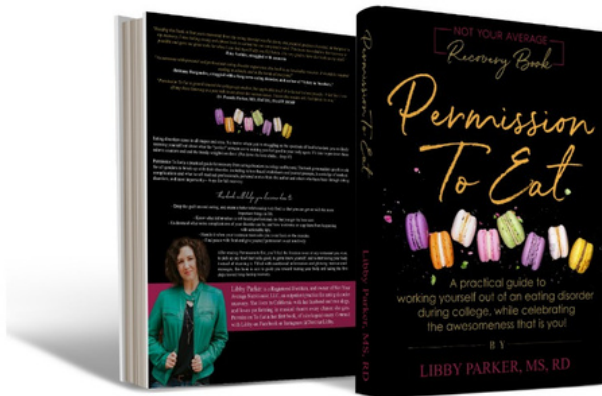
My eating disorder had the answer - NUTRITION! I could "help" people lose weight. *TL;DR: the nutrition major probably saved my life - learning how the human body works, and the need for nutrients and calories had me behaviorally out of my ED by graduation. (Oh, and I obviously didn't go into a weight-loss career).*

I have been a Registered Dietitian since 2012, working with eating disorders since my very first client, and I am now a "Certified Eating Disorders Specialist – Consultant" from the international association of eating disorder professionals. I have a BS and MS in Nutrition Science, and a minor in Leadership.

Now a New Yorker (yay!), I spent my first 10 years as a RD in California, where I owned a group dietitian practice, *Not Your Average Nutritionist*. I am the author of 2 solo books, including my highly-regarded first book, *Permission To Eat: A practical guide to working yourself out of an eating disorder during college, while celebrating the awesomeness that is you!* And 2 collaborative works, including a college nutrition textbook.

After becoming an RD, I got back into community theatre, beginning with A Chorus Line in 2014. Since then I have performed in many local/regional shows, auditioned for Broadway, started working in film, and tried to keep up with dance and voice lessons as much as my career and life circumstances allow. It is when I am in rehearsals or a show that I am fully present and alive.

OFFERINGS



- ✓ Keynote presentation
- ✓ Workshop presentation (most of my current talks)
- ✓ License an on-demand course/past recordings
- ✓ Corporate Consulting
- ✓ Office hours/"Pick my brain" sessions
- ✓ Book tours/readings
- ✓ Dietitian CPEU offerings
- ✓ Open to other ideas

Coming in the future: book and college curriculum - a book for health specific to stage performer needs. This will be geared towards both individual learning/reading, as well as for textbook use. My goal is to create and license a 1 credit college curriculum that schools can purchase for their faculty to teach.

Client Testimonials

“Libby has nuanced perspectives on what it means to have a sustainable, healthy relationship with food... Moreover, she is an excellent communicator with a personal flair that makes her work palatable and fun!”

Hannah Magy
Secretary of Millikin CARE

“Libby affirms artists in all stages and her work makes a massive difference in her field. She provides so many helpful resources and opens the floor for important conversations to be had...She is a trailblazer, she is personal, and her work is SO BENEFICIAL to anybody in the theatre community. I could not recommend her more!”

-Lanes Miller, a Musical Theatre Student
at Marymount Manhattan College

See more testimonials at: TheBroadwayDietitian.com/speaking/

Fueling The Theatre Athlete (or “Dancer”)

This engaging talk is designed for dancers/performers who face the challenges of long rehearsal days and performance schedules. Participants will learn how to effectively fuel their bodies to maintain optimal health, energy levels, and digestive comfort. The session will focus on practical nutrition strategies, addressing common concerns within the performing arts community from a weight-inclusive, evidence-based perspective.



Weight-Inclusive Nutrition For Theatrical Students (or “Performers”)

If you'd like to learn how to plan and prep meals/snacks for long rehearsals and school days, break the disordered eating cycle, or get permission to honor and respect your body - join The Broadway Dietitian for this powerhouse training! Leave with a toolkit backed by science and filled with body positivity - this is not a crash course in dieting! As artists, we need to set ourselves up for success by learning how to plan out and consume foods that will fuel our creative endeavors. Grant yourself permission to eat, and celebrate your unique body with this interactive seminar.

Give Your Sister (and Yourself) Permission To Eat

This presentation provides sorority members a concise overview of what eating disorders may present as, and how to help a friend who may be struggling. Alongside Libby, participants will discover why diets are not sustainable at their best, and dangerous at their worst. Participants will discover the potential benefits behind learning to trust and respect their body while discussing how an eating disorder can interfere with relationships and social life. Throughout this interactive workshop discussion is highly encouraged. Participants will leave feeling empowered to support their sisters, and themselves, through redefining what health truly is.

Dance Nutrition FAQs

A collection of FAQs from over the years, and plenty of time for you groups' own questions.



BIOS

Libby Parker, MS, RD, CDN, CEDS-C (she/her) is an international best-selling author, speaker, and Certified Eating Disorders Specialist. Libby is "The Broadway Dietitian®" and provides weight-inclusive sports nutrition and eating disorder counseling for theatre athletes. This passion comes from her background performing in musical theatre. Libby regularly speaks to performing arts organizations (including *AMDA*, *Millikin*, *PCPA*, and more) on health and nutrition for theatre athletes. Her main work now is Independent Therapeutic Consulting for eating disorder treatment placement across the United States. Libby lives in NYC with her dog, Shira.

You can find her on Instagram @TheBroadwayDietitian

TheBroadwayDietitian.com

Books: [Permission To Eat](#) and [Permission To Eat: The Workbook](#)



Libby Parker, MS, RD, CDN, CEDS-C (she/her) is a Therapeutic Consultant, international best-selling author, speaker, and Certified Eating Disorders Specialist. Libby is "The Broadway Dietitian®" and provides weight-inclusive sports nutrition and eating disorder counseling for theatre athletes and dancers through her signature talk "Weight-Inclusive Nutrition For Theatre Athletes."

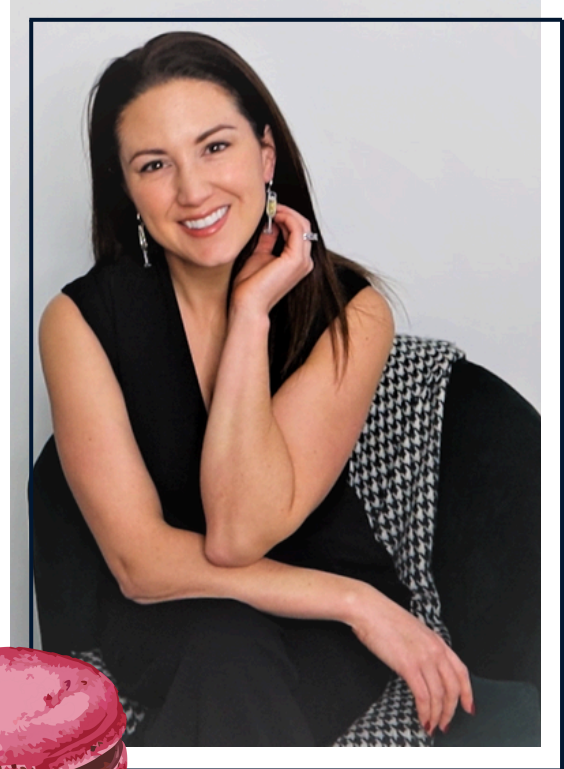
PRESS

thebroadwaydietitian.com/press/

Some of the places I have spoken:

- AMDA
- Millikin University
- PCPA
- Marymount Manhattan College
- Oklahoma City University
- Cal Poly State University - SLO
- ODC Dance
- Artists Unite Collective

... and many more



By The Numbers

2012

Year Libby became a Registered Dietitian

2.5

Age Libby began dance lessons

4

Books Libby has authored or co-authored

10,000+

Hours of direct eating disorder work Libby had to prove to get the "Certified Eating Disorders Specialist" credential

PUBLISHED AUTHOR

Solo Works:

Permission To Eat: A practical guide to working yourself out of an eating disorder during college, while celebrating the awesomness that is you!

Permission To Eat: The Workbook

Collaborative Works:

Creating Impact

Open-Source Nutrition Textbook: Introduction To Nutrition Science

Coming Soon:

[Health for Performers Book]



Proud supporter of inclusivity and anti-racism.

I believe all humans deserve safe, affirming, and equitable, healthcare.

Member:

International Federation of Eating Disorder Dietitians (IFEDD)

Academy for Eating Disorders (AED)

International Association of Eating Disorder Professionals (iaedp)

Advisor:

The Broadway Mental Health Foundation (non-profit)

Univ. of South Carolina, MS in Performance Nutrition

The Broadway Body Positivity Project



GET IN TOUCH

Contact me for rates, questions,
and to book your event.

Let's chat!

Libby@TheBroadwayDietitian.com

www.TheBroadwayDietitian.com

www.linkedin.com/in/dietitianlibby