

# 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 enlist faith in a discussion on diet? A speaker that allows participants to address their own bias? Do you want 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 allows them to establish healthy behaviors that they can sustain for the rest of their lives. Through the use of scriptures, laughter, real-life experience and participant engagement, Zach pulls back the curtain surrounding nutrition. Addressing personal bias, alongside media buzzwords, fads, and diets, Zach educates individuals on what really matters. Building on this new understanding, participants are able to build their lasting, healthy approach from the ground up.

Zach is a registered dietitian nutritionist with experience in one-on-one nutrition counseling, presenting for 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 worship, enjoy biking, going to the beach, participating in community events, and exploring their state.

**CORDELL NUTRITION**  
CONSULTING

### Available for:

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

### Testimonials

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

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

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

*"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."*

*"Relates information for practical application."*

*"I appreciated his long-game perspective".*

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

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# Lecture options\*

## **Faith and Food**

The way we see the world through our faith can be used to help us make healthy choices. 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.

## **Parental Projections of Health**

Raising kids is hard. Knowing what to eat shouldn't be. Yet how we define health and how we seek to obtain that can set our children up for failure or success in the food realm. Parents will learn how to put into practice healthy food behaviors to help their children establish a healthy relationship with food.

## **The Media and Me**

Concerned about how the media portrays our bodies and how that affects feelings of self-worth? What we view influences what we do and that can help or hurt our ability to do all we would like. Participants will learn various ways the media is used to influence our behavior in order to step outside of that influence and determine their own nutrition and health practices

## **Making Peace with your Plate**

Your food shouldn't be calling the shots in the kitchen. If we have been created to have dominion over the Earth, we shouldn't 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 often influenced by experiences and interactions that filter how we see ourselves. This presentation requires us to ask the question, "Do we let our eternal image shape our mortal reflection?"

## **Daddies, Daughters, and Diets**

Men often have a difficult time understanding the societal pressures on their daughters. This can cause a rift between conversations that do happen and the conversations that *should* happen. From this presentation, fathers will grasp the dietary difficulty of women in their lives and take steps to increase feelings of self-worth.

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

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