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CHRISTINA V BARTH, MS, RDN, RYT

Nutrition Program
Arizona State University
College of Health Solutions
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Academic Training

M.S. Nutrition (Dietetics); Arizona State University, Tempe, Arizona; August 2012

B.S. Nutrition; Concentration: Dietetics; Arizona State University, Tempe, Arizona; May 2002

Credentials

Registered Dietitian, 2004 to present

Polestar Pilates certification (in progress)

Certified LEAP Therapist (CLT) for food sensitivities (in progress)

Yin Yoga Teacher Training Certification, Yoga Alliance, 2016

Speakers Academy Graduate of the National Speakers Association, 2014

Registered Yoga Teacher (RYT) certification through At One Yoga and Yoga Alliance, 200 Hour, 2004

Professional Employment Record

2004 – Present, Nutrition Lifestyle Education (Live.Breathe.Nutrition, LLC) - Phoenix, AZ

Founder and CEO

- Independently founded a successful small business to utilize my educational and entrepreneurial skills and experiences in nutrition, fitness, and yoga.
- Leader in nutrition and yoga workshops
- Networked and consulted with various medical and health professionals within the Phoenix-Metro area as well as nationally
- Freelance writer of various publications, both online and print
- Established a network of hundreds of clients through aggressive advertisement and performance-based referrals from colleagues and current clientele
- Maintained and stewarded multiple client portfolios reaffirming patient relationships and assuring continued health and performance
- Created a user-friendly website to advertise and offer clients services and resources via the web
- Media Spokesperson and Communications Expert for both regional and national media - print, television, and social media outlets

October, 2017 – Present, Gatorade Sports Sciences Institute – Barrington, IL

Sports Dietitian Consultant for the G League of the NBA

- Assessed athletes' nutritional needs to achieve maximum performance
- Consulted with players, medical & training staff both individually and through group presentations

August 2015 – Present, Arizona State University - Phoenix, AZ

Lecturer, College of Health Solutions

- Instructor of various nutrition and health science courses
- Active participant in a Service Role (College, Community, and Professional Organizations)
- Barrett's Honors Faculty Member
- Mentor to students

May 2010 – May 2015, Community Connections, LLC- Phoenix, AZ

Registered Dietitian, Nutrition Therapist and Yoga Teacher

- Led in the development of the nutrition program for treating eating disorders and disordered eating.
- Provided teaching and support in accordance with individual treatment plans & target behavior plans.
- Completed assessments and provided input into the development of services, goals and objectives.
- Provided individual and group nutrition therapy to clients and nutritional training to BHT staff.
- Developed discharge plans

March 2014 – May 2015, Arizona State University - Phoenix, AZ

Faculty Associate

- Instructor of various nutrition courses including the History of Nutrition and Cultural Aspects of Food

2012 – 2015, Arizona Cardinals - Phoenix, AZ

Sports Dietitian

- Assessed the team's nutritional needs to achieve maximum performance
- Designed a sports nutrition program for players
- Consulted with players, medical & training staff both individually and through group presentations
- Assisted in the creation of a training table menu with a catering company

2012 – 2014, Milwaukee Brewers - Phoenix, AZ

Team Sports Dietitian

- Assessed the team's nutritional needs to achieve maximum performance
- Designed a sports nutrition program for the Club
- Consulted with players, medical and training staff individually and through group presentations in person, via skype, and on conference calls
- Assisted in the creation of a training table menu with a catering company

2005-2016, At One Yoga / Lifetime Fitness - Scottsdale, AZ

Yoga Instructor

November 2008 – May 2015, Maricopa Community Colleges - Phoenix, AZ

Adjunct Faculty

- Instructor of various nutrition courses in the Dietetic Technology Consortium Program, including Sports Nutrition, Introductory Nutrition, Principles of Human Nutrition Lecture and Lab, Weight Management Theory, and Food Principles
- Engaged in public speaking and seminar delivery to various populations within the school

January 2004 – May 2009, Mayo Clinic -Phoenix, AZ

Registered Dietitian

- Developed professional relationships with various medical specialties within the Mayo Clinic network
- Counseled patients on a diverse range of health/wellness issues both inpatient and outpatient
- Created the nutrition component for a Cardiology prevention program, working with professional athletes, executives, and active individuals
- Engaged in public speaking and seminar delivery to hospital staff and outside organizations

Professional Memberships and Offices Held

National Speaker's Association – Arizona Chapter

-Living Room Forum Co-Chair, 2018-Present

-Speaker Bootcamp Planning Committee Member, 2018

-Marketing Committee Member, 2017-Present

May, 2018 – Present – Dietitians in Integrative and Functional Medicine

Mind-Body Editor for *The Integrative RDN* Newsletter

2012 - 2018, Arizona Academy of Nutrition and Dietetics

Nominating Committee, 2017-Present

Planning Committee Member for the Arizona Academy of Nutrition and Dietetics Annual Conference, June 2017

COPI Chair, 2015

Incoming COPI Chair, 2014

2010 - 2014, Nutrition Entrepreneurs Dietetic Practice Group Executive Board

Academy of Nutrition and Dietetics, Nonprofit

Mentor Program Coordinator - 2012-2014

Newsletter (Incoming (2010-2011) Editor (2011-2012)

2006 - 2015, Central Arizona Academy of Nutrition and Dietetics

Private Practice Chair - 2008 - 2015

Nominating Committee (2006-2007) Chair (2007-2008)

Glendale Community College Fitness & Wellness and Nutrition Advisory Council Member, 2017
Remuda Ranch / The Meadows – IRB Committee Member, 2017-Present
Integrated Bone Health Systems Committee Member, 2017
Behavioral Health Nutrition, 2015-Present
International Federation of Eating Disorder Dietitians, 2015-Present
Dietitians in Business and Communications, 2012-Present
Collegiate & Professional Sports Dietitians Association, 2010-present
National Speakers Association – Arizona, 2010-Present
International Association of Eating Disorder Professionals – Officer, 2010
National Association of Professional Women, 2007
Academy of Nutrition and Dietetics, 2004-Present
Sports, Cardiovascular & Wellness Nutritionists, 2004-Present
Dietitians in Integrative and Functional Medicine, 2004-Present

Honors and Awards

SUN Award at ASU for working with Barrett students, 2016-2017
Arizona's Recognized Young Dietitian of the Year, 2007
Who's Who of Executives and Professionals – Dietetics Honor's Ed. 2007

Classes Taught at University Level

Health Sciences:

HSC 210: Cultural Aspects of Health
HSC 300: Complementary Healthcare
HSC 320: Medical and Healthcare Ethics
HSC 394: Eating for Lifelong Health
HSC 400: Practicum in Health Sciences
HSC 420: Evaluation of Health Sciences Research
HSC 484: Internship for Health Sciences

Nutrition:

NTR 241: Human Nutrition
NTR 320: History of Human Nutrition
NTR 345: Development of Healthy Cuisine
NTR 348: Cultural Aspects of Food
NTR 353: Western Diets (Summer 2018)
NTR 360: Entrepreneurship and Value Creation
NTR 457: Sports Nutrition

Publications and Presentations at National Conferences

How to Create Yoga and Nutrition Workshops for Mind-Body Dietitians, November 15, 2016
Led a Vinyasa flow yoga class at the 2015 Food and Nutrition Conference and Expo in Nashville, TN at the Sports, Cardiovascular, and Wellness Nutrition (SCAN) breakfast, October 5, 2015
Ultimate Nutrition for the Performing Artist, e-book, 2014
Performance Nutrition for Tennis Players, e-book, 2014

Professional Presentations in Arizona

You are What You Absorb: Mastering the Gut-Brain Connection, PING – 2 Presentations, November 2018

International Federation of Eating Disordered Dietitians (IFEDD). Presentation: Addiction as a Co-Occurring Condition: The Role of a Dietitian in Substance Abuse Treatment, August 22, 2017

Webinar Series for Anderson Nutrition titled "Mindfulness" and "Creating Your Niche," August, 2017

"Creating Mindfulness," at Nutrition Alliance's 17th Annual Conference, May 4, 2017

"High Performance Fuel for Athletes" to the student athletes at Notre Dame Prep in Scottsdale, AZ, 2016

“Meal Planning and Preparation for Families” to the Paradise Valley Moms of Multiples Group (PVMOM), 2016

“Nutrition and the Athlete: Unique Perspectives.” Co-Presenter of the Central Arizona Academy of Nutrition and Dietetics, November 16, 2016

National Strength and Conditioning of Arizona meeting held at Chandler Gilbert Community College on “High Performance Fuel for Athletes and Exercise Enthusiasts,” November 6, 2015

Professional Conferences and Workshops Attended

HEALab: January Speakers Series with Dr. Paul Oran, founder and CEO of Orb Health, January 30, 2018

Behavioral Health Online Interactive Retreat: Game Changing Future Practices, February 9, 2018

Southwest College of Naturopathic Medicine “New Advances in Evidence-Based Botanical Medicine, February 23, 2018

2018 Building Healthy Lifestyles Conference Lifestyle as Medicine: Thinking Differently about Food, Exercise, and Sleep, ASU Tempe Campus, February 2018

NSA-AZ Monthly Meeting: Building a Multi-Million-Dollar Speaking/Training/Consulting Business” with Bob Pike, CSP, CPAE, March 10, 2018

Food as Fuel: The Role of Diet in Behavioral Healthcare presented by Kristin Kirkpatrick, MS, RDN, of The Meadows, Arizona

National Speaker’s Association - Arizona Chapter, Presentation: Before the “How” WHY? Presenters: Damian and Lori Mason, March 28, 2018

Attended the HEALab monthly meeting: Failing Your Way to a Successful Lifestyle with Chris Asterino, CEO of RevMD, April 11, 2018

Attended the 2018 Global Sport Summit by the Global Sport Institute of Arizona State University, April 13, 2018

NSA-AZ Monthly Meeting: Become a Highly Paid Expert Who Speaks Professionally with Debbie Allen, CSP and The Four Es of Pro Speaking with Kristin Arnold, CSP, April 14, 2018

SCAN Symposium in Keystone, Colorado, May 2018

NSA-AZ Monthly Meeting: How to Build a Speaker Brand That Will Get You Hired by Bruce Turkel, CPAE, May 12, 2018

SpectraCell Laboratories: Piecing Together Nutrient Deficiencies to Get the Bigger Picture with Dr. Arland Hill, DC, MPH, DACBN, May 19, 2018

NSA-AZ Monthly Meeting: “To Keynote or Not to Keynote - That is The Question.” Kathy Dempsey, CSP; Pamela Jett, CSP; Don Thoren, CPAE; and Kristin Arnold, CSP, June 8, 2018

National Speakers Association - Arizona Monthly Chapter Meeting, “3 Money Traps that Keep Speakers Struggling” with Karen Russo and “Reshape the Model of your Speaking Business and Connect Better with the Female Audience!” with Frances Rios, September 8, 2018

Co-Chair of the Living Room Forum’s September Meeting “You are the Differentiator: How to promote yourself more effectively” Speaker: Connie Kadansky, October 2018

“FOOD: The Main Course to Digestive Health” in Ann Arbor, Michigan, September 28-30, 2018

National Speakers Association - Arizona Monthly Chapter Meeting, “The One Thing! How to make your life and your speaking career Easy - Lucrative - Fun!” with Joe Polish and the Candidate Program: “The ABCs of Unpacking Your Speaking Business” with Dr. Karen Jacobson, October 13, 2018

Living Room Forum’s October Meeting “Passive Income Strategies for Speakers” Speaker: Belinda Goodrich, October 24, 2018

National Speakers Association - Arizona Monthly Chapter Meeting - "How to Work with a Bureau or Speaker Representative," November 10, 2018

Dietitians in Functional Medicine (DIFM) Meet-Up in Phoenix, AZ, December 4, 2018

International Federation of Eating Disorder Dietitians meeting and dinner in Phoenix, AZ with Alsana' Vice President of Clinical Nutrition Services, Tammy Beasley, RDN, CEDRD, CSSD, December 5, 2018

National Speaker's Association Monthly Chapter Meeting in Tempe, Arizona, September 10, 2016

CHS Media Training for Leaders and Faculty – "Dealing with the Media" at the ASU Downtown Campus, 2016

International Association of Eating Disorder Professionals (IAEDP), Phoenix Chapter at The Meadows Intensive Outpatient Center in Scottsdale, Arizona. The topic was "Shame Resilience in Eating Disorder Treatment," September 9, 2016

Workshop with Dr. Carol Johnston and Dr. Karen Sweazea on "Working with Honors Students" at ASU, August 11, 2016

Workshop with Dr. Carol Johnston titled "The Applied Project" at ASU, August 11, 2016

International Federation of Eating Disorders Dietitians (IFEDD): Bariatrics with Samantha Easterly, RD in Phoenix, Arizona, August 10, 2016

Unlocking Entrepreneurship by ASU's Office of Entrepreneurship + Innovation at the ASU Downtown Campus in the AE England Building, June 6, 2016

International Association of Eating Disorder Professionals (IAEDP), Phoenix Chapter in Phoenix, Arizona. Topic: "Exercise: Addiction or Healthy Lifestyle Choice," by Dr. Kim Dennis, May 6, 2016

ASU Social Media Workshop by Claudia Thompson-Felty at the ASU Downtown Campus, April 27, 2016

ASU Sports Symposium on the Tempe Campus of ASU, April 8, 2016

ASU Building Healthy Lifestyles Conference in Tempe, Arizona, March 18-19, 2016

Workshop with Rose Martin at ASU. Title: "Development and Management of Large E-Learning Course," January 7, 2016

Mayo Clinic Arizona Orthopedic Sports Medicine Program; Education and Networking Event, 2016

Academy of Nutrition and Dietetics FNCE conference, Nashville, TN, 2015

SNHP Non-Tenure Track Training on annual evaluation preparation, August 26, 2015

Academy of Nutrition and Dietetics FNCE conference, Houston, TX, 2013

Academy of Nutrition and Dietetics FNCE conference, Philadelphia, PA, 2012

Arizona Dietetic Association Annual Conference, Scottsdale, AZ 2012

American Dietetic Association Annual FNCE conference, San Diego, CA, 2011

Arizona Dietetic Association Annual Conference, Flagstaff, AZ 2011

Arizona Dietetic Association Annual Conference, Scottsdale, AZ 2010

Arizona Dietetic Association Annual Conference, Scottsdale, AZ 2009

Media Training for Arizona Dairy Council and Arizona Dietetic Association, 2009

M.S. Thesis and Applied Project Committee Memberships and Honor's Thesis

Michael Mohamed (2018-Present) MS in Nutrition thesis committee
Development and Testing of Soccer Specific Nutrition Curriculum

Rachel Manley (2016-Present) MS in Nutrition thesis committee

Jessica Holland (2018) MS in Nutrition thesis committee

Defense - Nutrition Education for Adolescents in Recovery for Alcohol and Substance Abuse: Does Nutrition Education Improve the Readiness to Make Healthier Dietary Choices During Treatment?

Student Name	Project	Semester (date) initiated	Semester (date) finished
<i>Benjamin Hook</i>	<i>Honors Contract – Provided a list of ethical news sources (minimum of 5) with a brief description of each and why he feels they are important to HSC 320. Provided relevant articles from these sources that are representative of ethical issues covered in the class.</i>	<i>Spring 2016</i>	<i>Spring 2016</i>
<i>Michele Iliescu</i>	<i>Honors Contract – Created and presented a powerpoint on Homeopathy to my HSC 300 class</i>	<i>Spring 2016</i>	<i>Spring 2016</i>
<i>Simon Huynh</i>	<i>Honors Contract – Created and presented a powerpoint on Acupuncture to my HSC 300 class</i>	<i>Spring 2016</i>	<i>Spring 2016</i>
<i>Vivian Steward</i>	<i>Honors Contract for HSC 320 - Created an educational brochure outlining materials about ethics learned in class.</i>	<i>Spring 2017</i>	<i>Spring 2017</i>
<i>Brogan Taylor</i>	<i>Honors Contract for NTR 241- Created a research paper on “How Nutrition Affects Mental Illnesses.” Student also created and presented a 10-15-minute PowerPoint presentation for the class on the topic of her paper.</i>	<i>Fall 2017</i>	<i>Fall 2017</i>
<i>Taylor Worth</i>	<i>Honors Contract for NTR 241- Created a recipe book consisting of 20 vegan recipes - 5 for breakfast, 5 for lunch, 5 for dinner and 5 for snacks. Each recipe included the amount of servings and serving size, and grams of carbohydrates, protein, and fat. Each recipe included a picture of the finished product. The book also included an introduction, biography, and a table of contents.</i>	<i>Fall 2017</i>	<i>Fall 2017</i>
<i>Meynard Toledo</i>	<i>Assisted Meynard Toledo, PhD student, with his dissertation study looking at the effect of various patterns of posture (sitting vs standing) on glycemic control in prediabetic patients. Reviewing and updating the macronutrient content of meals</i>	<i>Fall 2018</i>	<i>Fall 2018</i>
<i>Jillian Ashby</i>	<i>Barrett's Honors Contract for NTR 320- Wrote a research paper titled “The Spread of the Western Diet.”</i>	<i>Fall 2018</i>	<i>Fall 2018</i>
<i>Nikita Bhuyan</i>	<i>Barrett's Honors Contract for NTR 320- Presentation for different recipes (5 for breakfast, lunch, dinner, and snacks) that may have been eaten during the time periods covered in this class.</i>	<i>Fall 2018</i>	<i>Fall 2018</i>
<i>Gabrielle Borgogni</i>	<i>Honors Contract for NTR 241- Paleo Recipe Book</i>	<i>Spring 2018</i>	<i>Spring 2018</i>
<i>Madeline Goldman</i>	<i>Honors Contract for NTR 241- Recipe Book for College Students</i>	<i>Spring 2018</i>	<i>Spring 2018</i>

Departmental/Program and College Services

Faculty Mentor Committee Member, 2018-Present

CHS Curriculum Committee, 2018

Faculty Search Committee Member for Sports Physiology (Lecturer), 2018-Present

NTE Faculty Review Committee, Member, 2018

HEALab: Steering Committee Member, 2017-Present

Social Media Committee Chair of SNHP, 2016-2018
MS Intern Selection Committee, CHS, 2017-2018
Planning Committee for the Food & Thought Series, 2016
Eating Disorder Graduate Certificate Planning Committee Member, 2016
HEHP Committee Member, 2016
EXW Committee Member, 2016
Degree Coordinator Committee Member, 2016

University Services

Connect2STEM Exhibitor Booth for SNHP at the University of Arizona College of Medicine, January 27, 2018

Interview with Karishma Albal with the ASU State Press on juice cleanses, February 8, 2018

Attended the Chill n Chat event in Taylor Hall where I spoke to students about the nutrition profession, April 11, 2018

Interviewed by student, Edith Noriega, ASU Global Sports Matters Reporter on Caffeine and Athletes, August 17, 2018

Presented to the visiting Chinese Coaches on two topics re: Sports Nutrition (General Sports Nutrition and The Female Athlete Triad and Relative Energy Deficiency Syndrome) provided over 4 90-minute presentations. Dates of presentations: 9/20, 9/21, 10/1, and 10/2 - 2018

Volunteer at the Team Arizona Summit for The University of Arizona College of Medicine serving as a Facilitator, November 8, 2018

Interviewed by Madison Alder, student reporter of the Arizona State Press Magazine, on the topic of "Drunkorexia," 2016

Interviewed by Christopher Whitcomb for Cronkite Sports, January 18, 2017

Presentation: High Performance Fuel for Athletes and Exercise Enthusiasts for the Sun Devil Fitness Center Wellness "Best Practices" Series on the Tempe Campus, February 17, 2017

ASU Now interview by Emma Greguska on the "History of Yoga," June 14, 2017

ASU interview with Susan Horowitz of Cronkite Media for a Facebook Live segment on "Hydration," June 29, 2017

ASU interview with Susan Horowitz of Cronkite Media on "Physical Activity and Nutrition for Youth Athletes," June 29, 2017

ASU student interview with MacKinley Lutes-Adloch with the Walter Cronkite School of Journalism and Mass Communication regarding "Nutrition Quality in the Dining Hall at ASU," September 20, 2017

Interviewed by Jessica Ferrigno of the State Press regarding "Fast Food Dining," November 10, 2017

Professional Service

Corporate Wellness Talk for U-Haul "Ultimate Makeover: The Fridge, Freezer, and Pantry Edition," January 10, 2018

Corporate Wellness Talk for U-Haul "High Performance Fuel for Athletes & Exercise Enthusiasts," April 4, 2018

Corporate Wellness Talk for U-Haul "Superfoods for Health and Performance," September 25, 2018

Guest Speaker for a Monthly Wellness Talk at the Integrative Medicine Clinic of Arizona titled: You are What You Absorb:

Mastering the Gut-Brain Connection (1.25 hours), September 25, 2018

Founder of the Arizona Functional Nutritionists Group in Arizona where we hold 4-6 meetings a year, 2018-Present

Guest Speaker on Randy Goruk's podcast for "Healthy Holiday Eating and Lifestyle Tips," November 18, 2018

Presentation at the Colonial Sports Medicine Camp at the College of William and Mary in Williamsburg, Va. Presentation title: "High Performance Fuel for Athletes," July 10, 2017

Integrated Bone Health Systems, 2017

Community Service

FOX 10 News Phoenix TV segment for National Nutrition Month, "Boost your Fruit and Veggie Intake," March 25, 2018

KJZZ 91.5 Radio Interview in studio on Summer Cravings and Weight Gain, July 30, 2018

FOX 10 News Phoenix TV, "Back To School Lunches," August 13, 2018

Attended The Orange Ball 2018 with a group of nutrition colleagues from the College of Health Solutions and supported Dr. Linda Vaughan accepting her award with the United Food Bank, September 22, 2018

Guest Speaker for Career Day at the Esperanza School where I spoke to Elementary School Students about my career as a dietitian, including being a Lecturer at Arizona State University, September 25, 2018

Taped national media segment for "The List" on "Food and Mood," August 2, 2017

Live local TV segment for Fox 10 News regarding the "Benefits of Coffee," July 23, 2017

Live local TV segment for 3TV regarding "Superfood Snacks for Kids," May 28, 2017

Live local TV segment for Fox 10 News regarding the "Sirtfood Diet," May 21, 2017

3TV Segment: Back-to-School Lunches, August 13, 2016

Interviewed by Sarah Watts of Prevention Magazine for an Article on "4 Types of Belly Bulges and How to Fix Them," August 10, 2016

Sonoran Living Live TV Segment: Back-To-School Lunches, August 5, 2016

Sonoran Living Live TV Segment: Gym Bag Essentials, June 22, 2016

Interview for the September issue of the ASU Magazine, 2015

Interview by Brandy Aguilar of Health 2 Fit for National Nutrition Month. The title of our piece was "Eating Healthy Does Not Have to Be Boring," December 22, 2015

Regional Broadcast Nutrition and Lifestyle Interview for Good Morning! Arizona (KTVK) titled "Healthy Eating at Someone Else's Home During the Holidays," December 22, 2015

Regional Broadcast Nutrition and Lifestyle Interview for Sonoran Living (KNXV) titled "Fall Wellness," September 18, 2015

Media and Media Spokesperson, 2004-Present

Good Morning America

AZ Channel 3TV, NBC & ABC Phoenix Affiliates

XTRA Sports 910- The Valley Sports Leader

KTAR News 92.3

ABC Radio – KGO 810 AM- San Francisco, CA

Arizona Republic

Men's Fitness Magazine

Got Milk (Weber Shandwick)

Glacéau, Coca Cola

National Fisheries Institute

American Cancer Society

Poweringmuscles.com

GlaxoSmithKline

Body + Soul Magazine

Tennis View Magazine

Everyday with Rachel Ray

Today's Dietitian Magazine

Raising Arizona Kids Magazine

Natural Health Magazine

Arizona Foothills Magazine
KIND Healthy Snacks
Pop Chips
Zest Communications
California Raisins
The List
PING
National Strength and Conditioning Association
WesPac Construction
Verizon Wireless
American Express
Discover Card