

Education

Special Graduate Faculty Member, *University of Guelph* 2014
Clinical Dietetic Internship, *Kingston General Hospital* 1996
B.Sc. in Honors Human Nutrition, B.Sc. Biology. *University of Western Ontario* 1995

Work Experience

Vitality at Work. CoFounder and Facilitator. 2014 – present. Online and in Person Programs on the topic of Mindfulness and tapping into intuition for optimal physical and mental health. Interactive learning to small groups and online using the Adobe + and Zoom platforms. www.vitalityatwork.ca

Heidi Smith Nutrition Consulting, Guelph Ontario, August 1999-Present
Management of a nutrition communications business focusing on nutrition promotion and education. Projects include seminars, writing (books, journal articles, newsletters, magazines, newspapers) and general consulting to organizations. www.heidismithnutrition.com

SoulCollage® Facilitator. Sept 2016-Present. Trained facilitator of SoulCollage® workshops, which combine mindfulness and a Jungian style collage activity to help individuals connect to their creativity, emotions and inner wisdom. www.soulcollage.com

MBSR Trained Facilitator. Sept 2017-Present. Trained facilitator for the highly acclaimed Mindfulness Based Stress Reduction program designed and researched by Jon Kabot Zinn at the University of Massachusetts Medical School. Training and mentorship through the Centre for Mindfulness Studies in Toronto, Ontario. Offering programs in the Guelph Community.

Head of Nutrition, Health and Performance Centre. *University of Guelph*, August 1998-March 2016
Contracted to run the nutrition consulting practice as part of the HPC multidisciplinary team. Responsible for all aspects of the business including marketing, program development, quality assurance, hiring and management of other Dietitians.

WellDesign: Worksite Wellness Consulting, Co-owner, January 2005 – Jan 2015
Co-management of a worksite wellness company focusing on nutrition and fitness strategies for improved employee health.

Research Coordinator, Exercise Physiology Department, Queen's University, August 1996-July 1998
Program management including subject recruiting, co-ordination of medical staff, technical staff, graduate students, participants, employees and over 50 volunteers. See Publication Below

NUTRITION PUBLICATIONS

Reduction in Obesity and Related Co-Morbid Conditions after diet induced weight loss or exercise induced weight loss in men. Ross, Dagnone, Jones, Smith et al., *Annals of Internal Medicine*. July 18, 2000. Vol 133(2):92-103

Nutrition For The Long Run: A nutrition handbook for runners, walkers and active individuals. Self published in May 2002. Over 5000 copies sold as of June 2002 through word of mouth and website.

Eating For Energy Guidebook: Your Personal Nutrition Guide for Increased Energy, Balanced Eating and a Healthy Weight. First print published January 2006.

Formal Teaching Experience

STUDENT EDUCATION AND MENTORING

Special Graduate Faculty Member. *2014-present.* University of Guelph, Human Health and Nutritional Sciences. Academic advisor for the masters students of Dr. Lawrence Spriet for the thesis topics of Sport Nutrition, Hydration and Performance.

University Guest Lecturer. *1997-present.* University of Guelph, Wilfred Laurier University and Queens University on a variety of topics, from first year to graduate level.

Health and Performance Centre Student Mentor. *University of Guelph, Sept 1998- March 2016.* Supervision of placement students and 10-20 student volunteers per semester. Responsible for helping students develop new skills and apply their knowledge in a professional setting.

Dietitians of Canada Internship Elective Mentor. Sept 1999-present. Accepting 4-6 interns per year for 2-4 week elective internship credit. Interns will job shadow, complete nutrition education projects and gain valuable insight into running a successful nutrition consulting practice.

Consulting/Sport Dietitian Residency Program. January 2004-March 2016. Creation of the first informal sport nutrition/private practice residency in Canada.

Masters of Applied Nutrition Board of Advisors. January 2003-2010. Offering input into the newly developed MAN program at the University of Guelph. Acting as a student mentor.

NUTRITION COMMUNICATIONS

Heidi's Kitchen Online Newsletter. 2019-Present. Monthly articles on topics to "Fuel your Body and Feed Your Soul". See past issues here: <http://bit.ly/HeidisKitchenNewsletter>

Hometown Hockey Magazine. 2014-2017. Staff nutrition writer for the OMHA magazine. Quarterly nutrition topics and recipes sent out to over 60,000 households in Ontario. <http://www.omha.net/hometownhockey>

Nutrition Advisor. MentalApp. 2010-present. Nutrition advisor for the development of sport nutrition content to include in this unique sport psychology App. www.mentaltraininginc.com/mentalapp.php

Community Health Tips. *Rogers Cable Guelph, 2003-present*
Filming of nutrition tips for "First Local" produced by Jan Hamilton and frequent professional guest on various health topics.

Community Nutrition Education. *Requests from the Guelph community*
Responding to frequent requests from the community to write and speak on nutrition. Coordinating and training students to provide talks. Including the Guelph YMCA, Running Room, Local sports teams...

Columnist for the Guelph Mercury. October 2003-2015
Special topic articles on healthy eating focusing on practical, easy to implement, family oriented nutrition tips. Special feature articles now regularly appearing the first Thursday of each month.

Responding to Media requests for timely nutrition expertise and opinion. Includes some of the following publications: Chatelaine Magazine, Canoe.ca, Glow Magazine, Toronto Sun.

Toronto Star: Nutrition Consultant. 2005-06. Regularly act as the "expert opinion" for the weekly column "Diet Decoder" by Megan Ogilvie.

Nutrition Consulting

NUTRITION AND EXERCISE (Sampling of experience)

High Performance Hockey Summits. 2012 - Present. *Toronto and Calgary.* One of 4 expert panel members to speak to hockey coaches and trainers from across Canada on the topic of Practical Sport Nutrition. Presented alongside Hayley Wickenheiser, NHL defenseman Chris Pronger and Sydney Crosby's trainer Andy O'Brien. View a 3 min clip from these Summits: <https://goo.gl/6yCiR8>

Speaker, Dietitians of Canada National Conference. June 2015 Quebec City. Presented "Food and Fluid in Sport" with Dr. Lawrence Spreit to Registered Dietitians from across Canada. Audio and slides available online <http://goo.gl/cd9PeL>

Sydney Crosby Hockey School. Aug 2015-2017. *Cole Harbour, NS.* Invited to present on the topic of "Food as Fuel" to 120 young hockey players and coaches at the first Sydney Crosby Hockey Camp.

Skate Canada. 2013-present. *Paris ON.* Sport nutrition education to junior national athletes competing in Singles and Syncho ages 10-25.

University of Guelph, Varsity Athletics. 2000-2015. Presented to individual teams and coaches. My book "Nutrition for the Long Run" was provided to every varsity athlete and coach in 2013.

Canadian Sport Centres - Ontario. 2001-2010. Chosen as a select group of Registered Dietitians in Ontario to offer sport nutrition counseling to Canadian carded and Olympic athletes.

McMaster University Annual Nutrition Symposium – Keynote Speaker 2005. Provided 2 seminars to Dietitians and health care providers on the topics of Nutrition for an Active lifestyle and Advanced Nutrition for Endurance Exercise.

Alpine Ontario – Spoke at the 2005 annual conference in Collingwood to parents and coaches on the importance of healthy eating for recreational and high level sport

Canada Fit Association. 2002-2006. Contract to provide nutrition education seminars to over 800 marathon runners in the Toronto, Mississauga, Oakville areas.

Ontario Medical Association: Sport Medicine Conference 2004. Spoke on the topic of Endurance Sport Nutrition to physicians, physiotherapists and other health care providers.

Canadian Swim Coaches Association. Contract to develop "Performance Nutrition" sport seminars and videos for competitive swimmers. Available to coaches and athletes across Canada.

National Defense Canada. Nutrition advisor for the 2000 female Nordic ski team attempt to cross the Antarctic in November 2000.

Ontario Swim Associations: Region of Waterloo National Swim Training Centre, Guelph Marlins, Brantford Sharks – created an educational sport nutrition video to be sold as a club fundraiser.

Hockey Canada. 2004. Kitchener ON. Workshops for the women's junior national training camp.

National Wheelchair Curling Team – Team Dietitian 2005-06. Work with members of the team to eat healthy, manage any medical conditions and eat for peak performance.

NUTRITION FOR YOUTH

Women In Science Initiative: Brock University. 2004-Present. Speaker for the “Scientifically Yours” program for selected female highschool students to inspire them toward careers in Science.

PJ Vending. 2004-present. Workplace wellness newsletters. Contracted to develop a list of healthy vending products to be sold in Ontario schools in place of pop, chips and chocolate bars.

Creative Wellness Solutions and the “ACT NOW...the best you can be!” program. 2002-2008. The ACT NOW program included Canada’s top Health Professionals with Canada’s Olympic Athletes. This unique program was presented to over 100,000 school-aged students in the Toronto, Halton and Peel school boards. With funding from Human Resources Development Canada and the Department of Indian Affairs, also delivered in Corporate settings and on First Nation Reserves across Canada.

GENERAL WELLNESS

Vitality at Work. Online Instructor. 2014 – present. *Online.* Nutrition presenter on the topic of Mindful Eating and Mindful Bodies. Interactive online learning to small groups using the Adobe + platform. <http://www.vitalityatwork.ca/individual-programs.html>

Worksite Wellness Programming. 2000-present. UGDSB wellness program nutrition education sessions (Guelph, Fergus, Ariss, Orangeville), Wellington Catholic District School Board, Women in Crisis, Stonehenge, University of Guelph Professional Staff Association, RLB Guelph/Kitchener, Reids Heritage Group, Syngenta, Clarica, InHouse Solutions, CanWest DHI, DHL...

Community Heart Health Network. 2002-2007. Awarded funding to run nutrition and fitness health promotion programming for various organizations in the Guelph, Wellington, Dufferin community.

Ontario Liberal Party. Contracted to coordinate the Canada-wide campaign meals for the spring 2003 election. Created a “Healthy Eating on the Road Handbook” for members of the traveling party and media to show the Liberal Party commitment to health.

Halton Region Health Department: *Quick and Easy Workshops for Healthy Eating, Aug 2000-2005* Co-facilitation of Healthy Eating Cooking Classes. Workshops included a live cooking demo and information on heart health, physical activity and stress management. Also wrote and filmed a 4 part healthy cooking television series for Rogers Cable in Milton.

Awards

Speaking on Food and Eating Award for Ontario by the Dietitians of Canada, 2003

YMCA/YWCA Woman of Distinction Award for outstanding contribution in the community in the area of Health and Wellness, 2007.

Professional Memberships

Dietitians of Canada, College of Dietitians of Ontario.

Personal Sport Experience

Varsity team member of track, volleyball and tennis, *University of Western Ontario 1992-95.*

Tennis Program Coordinator and Instructor, *University of Western Ontario 1993-95.*

Completion of 6 Silent Retreats: 1-5 days in duration. *2016-Present*

Other activities: Alpine skiing, Nordic skiing, Triathlon, Sailing, Windsurfing, Yoga, Mindfulness
Children in competitive sport: Rep Hockey and Rep Softball. Ages 18,15 and 12.