

## **RESUME**

**Diane M. Preves, M.S., R.D.**  
**2009**

144 Sherry Street  
East Islip, New York 11730  
(631) 704-6977/(631) 581-5750  
e-mail: [newlife4health@aol.com](mailto:newlife4health@aol.com)

**Developer/Owner/Instructor of N.E.W. LIFE**  
**(Nutrition, Exercise, Wellness for LIFE)**  
Please see: [www.newlife4health.com](http://www.newlife4health.com)

### **EDUCATION**

- Graduate of the State University of New York at Stony Brook, 1982; B.A./B.S. English/Biology
- Graduate student at Adelphi University, New York, 1982-3; Exercise Physiology
- Graduate research assistant at Colorado State University, Dept. of Food Science and Human Nutrition, 1984-5; *investigation of the effect of high-fat diet on muscle metabolism and insulin resistance*
- Graduate of Colorado State University; M.S. Human Nutrition, 1987
- Healthy Heart Program Trained Leader, March 1987
- *Completion of Colorado State University Dietetic Program and Qualifying Experience with Advanced Degree, accredited by the American Dietetic Association, December 1987; Registration Examination for Dietitians, October 1988*

### **NUTRITION INTERNSHIP EXPERIENCE**

- Colorado State University Cooperative Extension community nutrition experiences:
  - WIC
  - Larimer County Health Department
  - Food Stamps, Larimer County Health Department
  - Mountain Center Day Care, Fort Collins
  - Colorado State University Day Care
  - Diabetic patient counsel, Fort Collins
  - Development of “*Athletic Nutrition Packet*” and training of Colorado Extension Agents
- Poudre R-1 School District Foodservice, Fort Collins, Colorado; administrative and kitchen experience, November 1986-February 1987
- *Shapedown* weight management program for adolescents, Poudre R-1 School District, Fort Collins, Colorado, September-December 1987

## PROFESSIONAL EXPERIENCE--NUTRITION

- American Heart Association of Colorado “*Slim For Life*” program instructor and promotion, Fort Collins and Denver, Colorado, October 1987-December 1990 (seventy five 10-week programs)
- Healthscore nutrition educator:
  - Suicide Hill Run, Snowmass, Colorado, August 1987
  - Coors International Bicycle Classic, Denver, Colorado, August 1987
- Resident Nutritionist Oxford Club, Denver, Colorado, June 1987-May 1988
- Resident Nutritionist Fort Collins Athletic Club, Fort Collins, Colorado, August 1987-June 1988
- Resident Nutritionist Healthworks, Fort Collins, Colorado, April 1988-December 1989
- Nautilus “Fast Track to Fitness” 18-month program nutrition educator, original program development, implementation and evaluation at Healthworks, September 1988-December 1989
- Phantom Canyon Beef/Life Tech newsletter nutrition editor, October 1987-June 1989
- Public seminars:
  - “Nutrition for Athletes/Active Persons”, Fort Collins Athletic Club, March 1988
  - “Body Fat”, Fort Collins Athletic Club, May 1988
  - “Supermarket Savvy”, Healthworks, July 1988
  - Video presentation/discussion on “The Waist Land: An Obsession to Be Thin”, Healthworks, September 1989
- Guest lecturer/nutrition educator:
  - Larimer County Employee Wellness Workshop, Fort Collins, Colorado, April 1988
  - Mountain Center Day Camp, Fort Collins, Colorado, summer 1988
  - Platte River Power Authority and Rawhide, Fort Collins and Greeley, Colorado, February 1989 and April 1995
  - Mountain Center Preschool, Fort Collins, Colorado summer and fall 1989
  - Colorado State University Department of Exercise and Sport Science, spring 1989
  - Longmont/St. Vrain School District employee seminar on Heart-Healthy Issues, Longmont, Colorado, spring 1989
  - Optimist Club, Fort Collins, Colorado, fall 1989
  - Colorado State University Nutrition, Fitness and Dietetics Club, fall 1989
  - Fort Collins High School, Fort Collins, Colorado, fall 1989
  - Rocky Mountain High School, Fort Collins, Colorado, November 1990, February 1991
  - Department of Interior, Fish and Wildlife Service, Fort Collins, Colorado, March 1994
  - Frontier High School, Fort Collins, Colorado, January 1995
  - MOPS, Resurrection Fellowship, Loveland, Colorado, January 1995, April 1996
  - HSI Health Plans, Fort Collins, Colorado, various lectures throughout community, 1993-1999
- International Dance Education Association certification course nutrition educator, “*Nutrition, Exercise and Weight Control*”, sponsored by Poudre Valley Hospital Education Department, Fort Collins, Colorado, November 1988, April 1989, April 1990, November 1990, June 1991

- “*Nutrition For Total Being*”, Poudre Valley Hospital Health Aware nutrition educator, September 1989, March 1990
- KCOL “*Huett Here*” 3-hour radio talk show guest, February 8, 1989
- KCOL “*Health and Fitness Talk*” radio guest, February 17, 1989 (heart health)
- KCOL “*Health and Fitness Talk*” radio hostess, February 24, 1989
- KCOL “*Health and Fitness Talk*” radio guest, April 28, 1989 (nutrition for athletes/high-performance lifestyles)
- TRI 102 “*Tri-Cities Forum*” radio guest, July 1989 (body fat/health issues)
- KCOL “*Health and Fitness Talk*” radio guest, August 1989 (“Slim For Life”)
- Colorado State Convention for Physical Education Teachers nutrition educator, “*Nutrition For Well-Being*”, Denver, Colorado, October 13, 1990
- Front Range Fitness Association round-table seminar/discussion, Lincoln Center, Fort Collins, Colorado, October 28, 1990
- Fort Collins Children’s Clinic consulting nutritionist, 1989-1994
- Aimes community College instructor, CHE 105 Introductory Nutrition (5 credit course), Loveland, Colorado, January and March 1991
- Inservice for Fort Collins Youth Clinic staff, Fort Collins, Colorado, January 1994
- Inservice for NSI Home Health Services staff, Fort Collins, Colorado, February 1996
- Guest speaker/nutrition educator Front Range Community College Med-Prep Vocational Program, December 1999
- Facilitator of support/recovery groups for food/body image addiction/obsession, Vineyard Christian Fellowship, Fort Collins, Colorado, 1992-5
- Wantagh Baptist Church “First Place” support group seminars: Optimal Eating, August 2007 and Mediterranean Diet, November 2007
- Bethpage Union Free School District “*Healthy, Wealthy and Wise*” Staff Development Day presenter, November 6, 2007
- **N.E.W. LIFE** (Nutrition, Exercise, Wellness for LIFE) program developer/instructor, February 1990-present (see brochure attached)
- **N.E.W. LIFE KIDS!** for children and adolescents, January 1991-present
- Nutrition consultations, physician referrals, 1991-present
- Currently oversee **N.E.W. LIFE Teaching Dietitians** in Colorado, Wyoming, Iowa, Ohio, New York, and Connecticut

## NUTRITION PUBLICATIONS

- Master's Thesis: **"The effect of high-fat diet on carbohydrate metabolism in the soleus muscle of the rat"**, June 1987
- **Healthy Heart Beats Newsletter** (contributions), Colorado State University Cooperative Extension, Vol 7(1), February 1987
- **"Exercise for a Healthy Heart"**, **Healthy Heart Beats Newsletter**, Colorado State University Cooperative Extension, Vol 7(2), April 1987
- **"Nutrition for Athletes--Eat to Compete"** (revision), Anderson, J. and Preves D., (maiden name), **Critical Issues in Food & Nutrition**, 1(3), April 1987
- **Athletic Nutrition Packet**, Colorado Extension Agents Training Resources and Guide, April 1987
- **"Fish Oils"**, Anderson, J. and Preves, D., **Food & Nutrition Issues**, Colorado State University Cooperative Extension, Vol 4(4), August 1987
- **"Nutrition for the Athlete"**, Anderson, J. and Preves, D., **Service in Action**, Colorado State University Cooperative Extension, March 1988
- **"Nutrition for Athletes"** in **Advances in Sports Medicine and Fitness**, Vol. II, Anderson, J. and Preves, D., Year Book Medical Publishers, Inc., pp. 151-173, February 1989
- **Restoring The Blessing: Freedom from Bondage to Food & Body Image**, Diane Noack, M.S., R.D., 1st edition 1994, 2nd edition 1995
- Nutrition articles for **HSI Health Plans, Inc.** and **Advanced Energy** newsletters, 1995-6
- **"Optimal Diet"** nutrition article for **Healing Path Magazine**, June 1999
- **"What Have You Got To Lose?"** nutrition article for **Islip Bulletin**, April 19, 2007

## SERVICE ON PROFESSIONAL ORGANIZATION BOARDS

- American Heart Association of Colorado, Larimer County Division, Secretary and Board member, 1988-9
- Colorado Alliance For Fitness Excellence (C.A.F.E.) Advisory Board, September 1989-1992

***Professional and personal references available upon request.***

## **PROFESSIONAL EXPERIENCE--GYMNASTICS**

### **Competition**

- 1972 AAU Nationals, Kutztown, Penna., 2nd Balance Beam
- 1972 Canada vs. U.S.A. All-Around Champion
- 1973 Junior Olympic Region VI All-Around Champion
- 1973 Junior Olympic Nationals, Ann Arbor, Michigan, 3rd Floor Exercise, 4th All-Around, CBS Sports Spectacular highlight
- 1973 AAU Metropolitan “Gymnast of the Year”, New York Athletic Club
- 1974-6 Regional Elite Competitor
- International competitive experience vs. Czechoslovakian and West German touring teams

### **Coaching**

- Muriel Grossfeld’s Gymnastics Camp instructor, Milford, Conn., 1976
- Schnaars Gymnastic Center lesson program instructor, team coach (Class IV, III, II, I and Elite), and head choreographer, North Amityville, New York, 1976-83
- Special consultant to numerous gymnastics organizations, including:
  - Signal Hill Elementary School, Dix Hills, N.Y. (10 weeks)
  - Coram Gymnastic Center, Coram, N.Y. (3 months)
  - Brentwood Recreation Center, Brentwood, N.Y. (2 months)
  - Flyaways Gymnastics, Brookville, N.Y. (2 months)
- National Gymnastics Training Center summer camp and Christmas clinic, Huguenot, New York, 1982
- Member U.S.A. coaching staff to Saudi Arabia, 1982
- Invited coach to the Elite National Training Camp, Olympic Training Center, Colorado Springs, Colorado, 1985
- Mountain Center lesson program instructor, team coach, head choreographer, and team program manager, Fort Collins, Colorado, 1984-90

### **Judging**

- 17 years active official of the National Association of Women’s Gymnastic Judges at the local, state, regional and international level, 1976-1994
- Master clinician at 4 Colorado Gymnastics Judging clinics, 1985-9

### **Other**

- Gymnastics consultant for ABC television *live coverage* of Russia vs. U.S.A., Denver, Colorado, April 1987

## **SERVICE ON PROFESSIONAL ORGANIZATION BOARDS**

- National Association of Women’s Gymnastics Judges (N.A.W.G.J.) Colorado State Board, 1985
- Northern Colorado Women’s Affiliated Board of Officials, Gymnastic Chair, 1986-1989