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FOR USE ANYTIME

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WENDY J. CRUMP BIOGRAPHY

**Wendy J. Crump, B.S., R.D.
Registered Dietitian and Founder of Kids on the Run**

As a registered dietitian and mother of four, Wendy Crump, has dedicated the past 15 years to teaching and empowering families to live healthier lives. Her emphasis is on healthy eating habits with the understanding that weight loss will follow.

In 2005, Wendy's passion for helping children inspired her to create Pasadena-based Kids on the Run, an active nutrition program that empowers children and their families to adopt positive habits that extend beyond the program and result in a lifelong health benefits.

Wendy was a major contributor to *Baking Without Fat*, a cookbook published by Health Valley Foods, and is the creator of the KOR™ Healthy Lunch Program and the KOR™ Curriculum, an educational course that teaches school children how to make smart food choices. She has recently been featured as a health and nutrition authority in several media outlets including *Health Beat Magazine*, *Pasadena Living Magazine* and *San Marino Tribune*, and is the author of "Healthy Families for Life," on *The Capessa Blog: The Wisdom of Women on Yahoo! Health*.

A member of the American Dietetic Association and the Pediatric Nutrition Practice Group, Wendy holds Bachelor of Science degree in Dietetics from the University of California, Davis; a lactation certificate from the University of California, Los Angeles and a certificate in child and adolescent weight management from the American Dietetic Association.

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