

# Collaborate with Susie Kundrat and Eat Move Groove

Susan (Susie) Kundrat, MS, RDN, LDN is the Founder of [Eat Move Groove](#), a health and wellness company launched in 2023. She is the author of *Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness, & Wellness*. Susie is a Clinical Professor Emerita in the Joseph J. Zilber College of Public Health at the University of Wisconsin-Milwaukee and an Adjunct Lecturer with the University of Illinois Urbana-Champaign Food Science and Human Nutrition Department. She earned her BS in Dietetics from Minnesota State University-Mankato, completed a Dietetic Internship at Boston's Beth Israel Deaconess Medical Center, and earned an MS in Human Nutrition from Iowa State University.



Susie has been recognized for her groundbreaking work, earning the Sports, Cardiovascular, and Wellness Nutrition (SCAN) Award for Excellence, the Collegiate and Professional Sports Dietitians Association Service Award, The University of Wisconsin-Milwaukee College of Health Sciences Leadership Award, Byoung Kim Teaching Excellence Award, and C.A.R.E.S. Award, and is a member of the Waldorf College Athletic Hall of Fame. Susie earned the [2024 Tower of Fame Award](#) in June, recognizing a professional with Greene County (IA) ties who has impacted the world in a positive way.

Susie has dedicated her career to educating consumers, students, health professionals, and athletes of all ages including the Milwaukee Bucks, US Speedskating, the University of Wisconsin-Milwaukee Panthers, the University of Illinois Fighting Illini, and the Northwestern Wildcats. To learn more opportunities to collaborate with Susie, partners, presentations, and media work, [click here](#).

Susie is an enthusiastic, high-energy spokesperson, speaker, writer, and advocate for the inclusion of health and well-being opportunities for all, a value that is at the foundation of her work. She has been active in many organizations and programs that foster nutrition security, promote accessible health and well-being opportunities, and invite everyone to the wellness table. *Susie dedicates 22% of the profits from Eat Move Groove book sales to support national and global nutrition security and wellness initiatives.*

A sought-after keynote speaker, Susie encourages audiences to enjoy eating, move their bodies in ways that feel good, and support personal well-being through the day in positive ways. Keynote presentations include:

- ***How to Eat, Move, and Groove for Optimal Nutrition, Fitness & Wellness***
- ***Science to Simple: Making Nutrition Science Practical, Positive, & Accessible***
- ***High-Energy Eating, Moving, and Grooving for Longevity***
- ***Optimal Fueling for Fitness & Health***





## Professional Praise for Susie and Eat Move Groove

"With *Eat Move Groove*, Susie Kundrat puts the simple back in health. Most of us think we need to move mountains and eat in a very specific way when what we really need are small, simple nudges to get us going; *Eat Move Groove* does just that! – Stuart Phillips, PhD, Professor and Canada Research Chair, McMaster University

"I 100% recommend and endorse bringing Susie to campus to teach faculty, students, and the community her science-to-simple approach. Susie's messages are inspiring, memorable, and a breath of fresh air in today's diet culture." – Justine Karduck, Ph.D., RDN, LDN, CDCES, Director of the Didactic Program in Dietetics (DPD) and Clinical Associate Professor, University of Illinois at Urbana-Champaign Department of Food Science and Human Nutrition

"Susie is a great choice for a speaker. She got high ratings from attendees at our Iowa Academy of Nutrition and Dietetics Annual Meeting. She's passionate about her work and brings that passion to her speaking. She does a great job of connecting the science to real world experiences. She is easy to work with and excited to be working with you." – Jody Gatewood, MS, RD, Iowa Academy of Nutrition and Dietetics Conference Chair, 2023

"I had the opportunity to work with Susie many years ago at the University of Illinois. She is an outstanding "prac-ademic" as she can apply research to practice directly with the use of simple methods that help you live your best life – and teach students how to do the same." - Carol Armbruster, PhD, *Teaching Professor Emeritus, Indiana University Bloomington School of Public Health, Coauthor, Fitness and Well-Being for Life*

"*Eat Move Groove* is a positive, practical, inclusive lifestyle plan, not a diet. You won't go on and off the **2211** plan. It's your invitation to wellness for life because it's science-based and simple to put into practice every day, for everyone." - Connie Diekman, MEd, RD, LD, FADA, CSSD, past president of the Academy of Nutrition and Dietetics

### **Contact Information for Susie Kundrat and Eat Move Groove**

[www.eatmovegroove.com](http://www.eatmovegroove.com)

[susie@eatmovegroove.com](mailto:susie@eatmovegroove.com)

Susan Kundrat on LinkedIn

@eatmovegroove on Instagram and Facebook

Eat Move Groove YouTube channel

217-840-2476 (mobile)