

# MARCIA BRISTOW MS, RD, CD

[mabristo@uvm.com](mailto:mabristo@uvm.com)

**Objective: Place students, according to their interests, so they can participate in a nutrition and food science or dietetics internship that will enhance their undergraduate education.**

## PROFILE

---

- Excellent people skills – highly adapt at establishing and maintaining positive and productive relations in a wide variety of settings.
- Goal oriented individual who brings creativity, passion, knowledge and commitment to all responsibilities.
- Active individual with a passion for nutrition and a healthy lifestyle.
- Life long commitment to education and an environment of learning.

## PROFESSIONAL EXPERIENCE

---

### Registered Dietitian/Owner

#### Fueling Fitness PLC

Sept 2010 - present

Provide evidence based nutrition counseling and education techniques to help clients achieve personal weight, health and performance goals.

### Undergraduate Practicum Program Director

June 2011 - present

#### University of Vermont, Burlington, Vermont

Organize internship programs and place undergraduate nutrition and dietetic students in programs based on their interests.

### Master of Science in Dietetics Supervised Practice Program

#### University of Vermont, Burlington Vermont

Jan 2009 – May 2010

Assisted preceptors at internship sites that included 13 weeks in clinical nutrition, 2 weeks in school nutrition, 12 weeks in community nutrition, and 7 weeks in foodservice management. In addition, further skills and knowledge were gained during a 2-week staff relief conducted with WIC.

### Nutritionist

#### Lake Champlain Women's Running Camp, Run Vermont, Burlington VT 2005 – present

Provide nutrition education through group lecture and one on one counseling for all camp participants during this full week of camp. Implemented use of Dine Healthy Diet Analysis software in consulting with each participant.

### Nutritionist/Fitness

#### Health Trek- Basin Harbor Club Vergennes VT

2004 – present (seasonal)

Provide nutrition education to help guests achieve health and weight management goals.

Provided strength and conditioning programs for clients with emphasis on heart rate zones.

### Owner/Therapist

#### Center for Therapeutic Massage, Nashua NH

1994 – 2001

Neuromuscular, Swedish, and Sports massage techniques, hydrotherapy and stretching to help clients recover from acute and chronic pain syndromes, relieve muscle tension, and improve range of motion. Lectured to community groups and health care professionals to raise awareness of the benefits of massage therapy. Managed business finances with QuickBooks. Hired and managed two part time employees.

## EDUCATION & TRAINING

---

University of Vermont Master of Science in Dietetics (MSD) Program-graduation May 2010

University of Vermont – Bachelor of Science in Dietetics & Nutrition Food Science Major May 2007

University of New Hampshire and Plymouth State College - Nutrition Courses

Champlain College – Associates Degree in Computer Science

Dale Carnige, Weight Watchers, Massage Therapy Training

## CERTIFICATIONS

Registered Dietitian (R.D) 1001874

St of Vermont Certified Dietitian (CD) 074 0076077

ADA Certificate of Training in Adult Weight Management