

The Not-So-Starving Artist

NUTRITION WORKSHOP FOR
COLLEGE PERFORMERS

Melissa Cabey

Certified nutrition coach, pilates
instructor, actor.

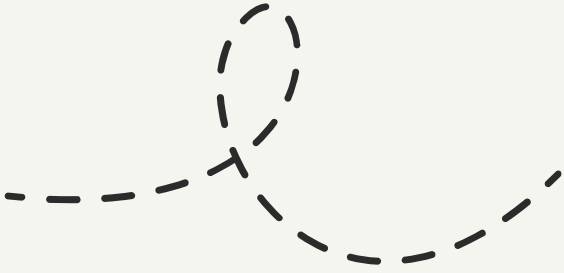
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About Mel



Mel is a BFA Musical Theatre graduate of Coastal Carolina University. She performed as Val in the most recent "A Chorus Line" National and International tour. She has also sailed the seven seas as a singer/dancer for multiple cruise lines.

As a nutrition coach, Mel is extremely passionate about teaching fellow performers how to properly fuel their bodies. She understands that the theatre industry can put a lot of pressure on performers when it comes to how their bodies look. After noticing concerning health habits among performers at her University, Tour, and Cruise Ships, Mel decided to take on the mission of assisting performers with living healthy lifestyles while still reaching their goals.

With a Nutrition and Wellness Consultant certification from the American Fitness Professionals & Associates as well as the experience of a performer, Mel holds the knowledge that students need when it comes to taking control of their health.

The Workshop



Topics Covered

How the body processes macronutrients

Nutrition myths and diet debunks

How performers need to fuel differently

How to eat well on a college campus

How to eat well on a contract

How to eat well in New York



The Takeaway

Students will leave this workshop with a better idea of what actual "healthy eating" is. The internet is plagued with messages of diets and quick fixes that young people flock to, and it is Mel's duty to teach students sustainable and realistic ways to remain healthy (both physically and mentally). This information will give students the tools they need to have healthy, long careers and lives.