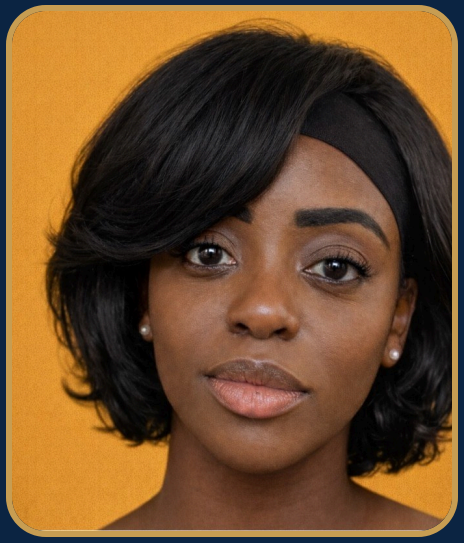
MEDIA KIT · 2026

Yaa Boakye

MBA · RDN · LDN · CPT

Registered dietitian, strength coach since 2011 and founder of Elite Body Data in Park Ridge, Illinois. Former national-level NPC competitor. Chicago Booth MBA. PhD student in integrative and functional nutrition.

Live TV ready | Expert quotes | Podcasts | Keynotes



2011	2022	11	2	5	25+
coaching strength since	registered dietitian since	NPC shows on stage	first-place finishes	state licenses	media outlets

TOP 10 TOPICS

01 **Body composition and testing**
Fat vs. muscle, RMR, DEXA and ultrasound: what the scale can't tell you.

02 **Strength training as medicine**
Muscle as your blood-sugar buffer and your longevity anchor.

03 **Bodybuilding and physique prep**
Eleven NPC shows, two first places, two national stages.

04 **Keeping muscle on GLP-1s**
Protein, lifting and the off-ramp plan.

05 **Metabolism, measured**
Why calorie calculators miss, and what RMR testing shows.

06 **Integrative and functional nutrition**
Root-cause thinking, read through labs and data.

07 **Protein, made simple**
How much, when, and the 30-gram plate.

08 **Executive and travel nutrition**
Client dinners, airports, no kitchen.

09 **Food as medicine and heart health**
Food quality, cholesterol and smarter fats.

10 **Insurance-covered nutrition care**
What most people don't know their plan covers.

SHORT BIO · 50 WORDS

Yaa Boakye, MBA, RDN, LDN, CPT, is a registered dietitian, strength coach and the founder of Elite Body Data in Park Ridge, Illinois. A former national-level NPC competitor and Chicago Booth MBA, she measures what high performers' bodies are actually doing and installs the plan into their real lives.



LIVE TV · AUG 2025

NTD Good Morning NY: Rethinking Fats

A live, three-part segment on why the whole plate matters more than one ingredient: balance, dosage and frequency, and the small swaps that add up.

AS FEATURED IN

National Geographic · Men's Health · Healthline · Fox News · New York Post · Prevention · EatingWell · SELF · HuffPost · Parade · Men's Journal · Delish · Salon · Woman's World · AARP's The Girlfriend · VegNews · The Body Network (contributor)

IN HER WORDS · AARP

"Despite widespread claims of 'sugar addiction,' scientific research does not support the idea that humans become truly addicted to sugar the way they do to nicotine or drugs."

IN HER WORDS · HEART HEALTH

"Carbohydrates, fats, and proteins are broad categories, akin to calling all vehicles 'transportation.' A sports car, school bus, and bicycle get you from point A to B, but the experience, impact, and safety vary dramatically."

CREDENTIALS AND EDUCATION

RDN, LDN · licensed in IL, TX, FL, GA, NV

Certified personal trainer since 2011

MBA, University of Chicago Booth

B.S., Northwestern University · Chick Evans Scholar

Nutrition and dietetics, Dominican University

M.S. (in progress) and Ph.D. student, Integrative and Functional Nutrition, Saybrook University

CNS candidate

ACADEMIC EXPERTISE

Nutritional genomics

Dietary supplements and herbal medicine

Systems biology

Psychobiology of eating

Sports and exercise nutrition

Integrative approaches to chronic disease

Research methods and statistics

SEGMENT ANGLES

"The scale is lying to you on GLP-1s"

"Same weight, different body": a live scan demo

"The road-warrior plate": airports and client dinners

"Your insurance may cover a dietitian"

FORMATS

Live TV segment · **Expert quote** · **Podcast guest** · **Keynote** · **Corporate workshop** · **Panel**