

Curriculum Vitae

Kylene Bogden, MS, RDN, CSSD, LDN, CLT, IFNCP

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PRESENT PROFESSIONAL POSITION

Cleveland Cavaliers, Performance Dietitian
FWDfuel Sports Nutrition, Co-Founder

Sept 2016 - Present
August 2017- Present

EDUCATION

Master of Science, Exercise Physiology and Adult Fitness, The University of Akron, Akron, OH

Degree Awarded: August 2012

Dietetic Internship, Tulane University School of Public Health and Tropical Medicine, New Orleans, LA

Graduation: June 2010

Bachelor of Science, Nutrition and Dietetics, The University of Dayton, Dayton, OH

Degree Awarded: May 2009

PROFESSIONAL WORK EXPERIENCE

Consultant to G-League Canton Charge, Gatorade Sports Science Institute

September 2017-Present

Registered Dietitian, Cleveland Clinic Center for Functional Medicine

May 2012-February 2018

Clinical Dietitian, Summa Health System, Akron, OH

September 2010-May 2012

Sport & Wellness Dietitian, Cleveland State University Campus Recreation

August 2010-August 2011

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

Academy of Nutrition and Dietetics – Ohio Dietetic Association – College and Professional Sports Dietitians Association – Sports, Cardiovascular and Wellness Nutritionists – Nutrition Entrepreneurs- Cleveland Dietetic Association- Institute for Functional Medicine – Dietitians in Integrative and Functional Medicine – Integrative and Functional Nutrition Academy

Board Certification in Integrative and Functional Nutrition

February 2019

Applying Functional Medicine in Clinical Practice

October 2015

Certified LEAP Therapist

August 2015

Board Certification in Sports Nutrition

July 2013

AND Adult Weight Management Certification

November 2012

MEDIA

- Oprah "O" Magazine: Nutrition & Headaches, 10-10-13
- Prevention Magazine: Couples & Dieting, 11-20-13
- WVIZ Career Series Broadcasting: Career as a Nutritionist/Dietitian (5 Ohio Schools) 1-5-13
- "Speaking with Carl" Radio Talk Show: Sports Nutrition for Golfers, 8-20-213
- Health Hub Interview: The Power of Protein 10-21-13
- Fox 8: Dr. Gillinov Segment re: PSMF 11-22-13, aired 12-5-13
- Radio, "Speaking with Carl", Healthy Holiday Eating 12-2-13
- *Kid's Sport* Article: Sugar: How much is too much? 1-12-14
- Living Well Magazine, Sports Nutrition Tips, 1-30-14
- CBS.com, Biggest Loser Weight Loss, 2-5-14
- *Competitive Edge* Article: Lose Weight Increase Performance 2-10-14
- *Competitive Edge* Article: Safety and Benefits of Dietary Supplements 3-5-14
- *Cleveland Jewish News: Balanced Living*, Energy Drinks, 2-22-14
- Cleveland Clinic Sports Nutrition Web Chat 4-14-14
- US News and World Report: Diet Pills, why are they such a gimmick? 7-31-14
- US News and World Report: Healthiness of a "Hipster" diet, 10-14-14
- Women's Health Magazine, Easy ways to cut calories, 10-29-14
- Time.com: The Benefits of Dark Chocolate 11-19-14
- Time.com, The Benefits of Turkey, 11-24-14
- Saltyrunning.com: Lactic Acid & Running, 2-16-15
- Cleveland Clinic Health Hub: Best and Worst Snacks According to a Dietitian 5-15-16
- Edible Cleveland Magazine: Eat like an Olympic Athlete, published June 2016
- US News and World Report: Obesity and the American Food Industry, published August 2016
- ESPN Magazine: NBA All-Stars Who Love Their PB & J 2-17-17
- Fab,Fit Fun.com: The Best Breakfast Recipes, 3-10-19

POSITIONS HELD

Eat Well Weight Management Course Instructor, Cleveland Clinic	December 2014-Aug 2015
Kidney Transplant Selection Committee, Cleveland Clinic	October 2014-Aug 2015
Liver Transplant Selection Committee, Cleveland Clinic	October 2014-Aug 2015
Kidney Donor Selection Committee, Cleveland Clinic	February 2015-Aug 2015
Informatics Committee, Cleveland Clinic	January 2015-Aug 2015
Education Materials Co-Chair, Cleveland Clinic	January 2014-Aug 2015
Intern Selection Committee, Cleveland Clinic	January 2014 –Aug 2015
Public Education Committee Co-Chair, Cleveland Dietetic Association	August 2013- August 2014
National Nutrition Month Co-Chair, Cleveland Dietetic Association	August 2012- August 2013
Employee Engagement Committee, Cleveland Clinic	January 2013- January 2014
Student Membership Co-Chair, CPSDA	June 2010-June

2012

INVITED GUEST & PROFESSIONAL PRESENTATIONS

- Food & Morality, Citizens Leadership Academy Athletes, 9-12-12
- Sports Nutrition: Eat to Compete, CSU Women's Softball 12-5-2012
- Road Fuel, CSU Women's Softball, 2-15-13
- Valley Forge High School: Weight Management, 12-21-12
- A Day in the Life of Nutrition for incoming high school students hoping to shadow or intern at CC, Spring 2013
- Cleveland Heights High: Basic Sports Nutrition Lecture: 4-11-13
- Medina XC team & Parents, "Meet the Team", Nutrition and Supplementation for the High School Athlete 8-6-1
- Recovery Nutrition, CSU Women's Soccer, 8-10-13
- Sandusky Bay Referees: Nutrition & Injury Prevention, 8-11-13
- Aging Well With Good Nutrition, Solon Family Health Center, 9-24-13
- Fueling On The Road, CSU Softball, 9-26-13
- Eat to Perform, CSU Men's Basketball, 10-6-13
- Sports Nutrition 101: We Run This City, Cleveland, YMCA, 12-6-13
- Sports Nutrition 101, First Ring Superintendants Circle Foodservice Directors for Cleveland City Schools, 1-14-14
- Eat To Win, John Carroll University Softball & Lacrosse Teams 1-31-14
- Nutrition for Runners, Walker Center, CC Running Group, 4-2-14
- Nutrition for Runners, Walker Center, CC Running Group, 6-4-14
- BBQ Well presentation & **cooking demonstration** Wellness Concepts for Thompson and Hines, Key Tower, 7-16-14
- Make Weight and Max Performance, CSU Wrestling, 9-11-14
- Dining out for weight loss / gain, CSU Wrestling 9-25-14
- Fueling for performance, CSU Swimming 9-25-14
- Nutrition 101, CSU Wrestling 10-9-14
- Calculating Needs & Recovery Nutrition, CSU Wrestling, 10-23-14
- Nutrition For Liver Disease, CCAC Health Talk 11-13-14
- Fueling for Performance, CSU Women's Soccer, 1-15-15
- Love Your Food, Manage Your Weight, presentation & **cooking demonstration**, on behalf of Wellness Concepts for Thompson Hines, Key Tower, 2-25-15
- 10 Nutrition Pitfalls When Trying to Lose Weight with Exercise, Cleveland Clinic Wellness Connections Health Talk, 4-15-15
- The Magic Of Shared Appointments: More Value, More Impact, Less Time, 4-18-15, 2015 DPG Weight Management National Symposium, Portland, Oregon
- Performance Nutrition, St. Mary Central Catholic Football Team 7-29-15

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- Nutrition: The 12th Man, Trinity High School Football Team 8-3-15
- Performance and Recovery Nutrition: CSU Tennis & Swimming and Diving Teams 10-30-15
- Eat Well Over the Holidays, presentation & **cooking demonstration**, on behalf of Wellness Concepts for Thompson Hines, Key Tower, 11-9-15
- Functional Medicine Sports Nutrition Lecture, Case Western Reserve University Nutrition Students, 11-14-15
- Functional Medicine Nutrition: Ingenious or Insane? Greater Cleveland Academy of Nutrition and Dietetics- Super Saturday Annual Symposium 3-19-16
- Functional Medicine Meets Sports Performance, U.S. Olympic Synchronized Skating Team, Strongsville, OH 5-20-16
- Nutrition for Elite Performance, Skyliners Elite Skating Team, NYC 6-18-16
- Nutrition for Elite Performance, Hockettes Elite Skating Team, Ann Arbor, MI 8-1-16
- Functional Nutrition: A Grassroots approach to healing, Ola Grimsby Institute Annual Symposium, Cleveland, OH 8-14-16
- Dr. Marc Gillinov Holiday TV Special, Heart Healthy Holiday Dishes, 11-28-16
- Fox 8 News Sports Nutrition Special: Premium Fuel for All Athletes, 5-2-17
- Functional Sports Nutrition for the Endurance Athlete, Cleveland Clinic Physical Therapy Annual Runner's Symposium, Cleveland, OH 5-6-17
- Functional Sports Nutrition 101, Long Island Dietitian Association, 12-5-17
- PBS Television Segment: The Truth About Added Sugar, 1-15-18
- Fueling for a Successful Season, John Carroll University Football Team, 4-7-18
- Fueling for a Successful Season, John Carroll University Cross Country Team, 4-20-18
- Fuel Like a Champion for Optimal Performance, NBA Rookie Camp, New Jersey 8-16-18