

# Rose Reisman

*The ART of living well*



## ABOUT ROSE

**ROSE REISMAN** is a savvy entrepreneur whose strength lies in recognizing the ever-changing needs of the wellness marketplace. She is an author, health and wellness consultant, caterer, public speaker, media personality, and the mother of four children. Over the last few years, Rose has extended her health and wellness principles into a multitude of successful companies: Rose Reisman Catering, Personal Gourmet and Weight Care. Rose works closely with the Canadian Breast Cancer Foundation and has contributed over \$1 Million dollars for breast cancer research.



Rose holds a BA and MBA from York University, B.Ed. from the University of Toronto and is a Registered Nutritional Consultant from Canadian School of Natural Nutrition. In 2007, Rose won the prestigious **Schulich School of Business Alumni**

**Recognition Award for Outstanding Public Contribution.**

## Art of Living Well

Through the Art of Living Well, Rose Reisman brings her philosophy of balanced and healthy living to corporate and private groups. Rose shares her vision and experience of balanced living through motivational speaking, presentations, wellness seminars, and the ever popular corporate cooking challenges, which focuses on building healthy working environments. Her client list includes Unilever, American Express, Torys, Canadian Tire, CIBC, Royal Bank and many more. Read more on corporate reviews at [www.rosereisman.com](http://www.rosereisman.com).

## Rose Reisman Catering

In 2004 Rose launched the highly successful Rose Reisman Catering - **The Art of Eating Well**. The company offers deliciously light cuisine to social and corporate groups at a variety of magnificent venues in Toronto including The Distillery District and The Canadian Opera Company. They offer regularly catered lunches featuring healthy menus to over 300 satisfied corporate clients such as Deloitte & Touche, Shoppers Drug Mart and Ernst & Young, all of whom, have experienced her motto “Healthy never tasted so good”. [www.rosereismancatering.com](http://www.rosereismancatering.com)

## Weight Care

Weight care brings forward a practical and healthy approach to weight loss with a physician, Registered Dietician and personal trainer working with each client. “It is the only weight loss centre that I could feel good about endorsing”, says Rose, who believes that balance is the key to success. [www.weightcare.ca](http://www.weightcare.ca)

## Personal Gourmet

At the forefront of change Rose launched Personal Gourmet in 2008 to meet the demands of clients who needed additional support in their weight management program. Each personal gourmet program is custom designed to meet the metabolic requirements of each client. Rose firmly believes that a positive relationship with food goes a long with in weight management. [www.personalgourmet.ca](http://www.personalgourmet.ca)

## Corporate Partnerships

Rose Reisman is the national spokesperson for **McCain Foods' BALANCED LIVING campaign** and is featured on **McCain Foods' Healthier Tomorrow's** website which is aimed at educating people on achieving a healthier lifestyle. In 2008 Rose collaborated with Kruger Ltd., “Sponge Towels” product line in a joint fund raising venture for the Canadian Breast Cancer Foundation.

## The Pickle Barrel

Rose created the exclusive "Art of Living Well" menu which was highly successful with diners looking for healthier food options without sacrificing flavor or quality. Most recently Rose has inspired and developed the “Under 500 Calorie Menu” for all nine of the Pickle Barrel Restaurants and is creating a “Local Farmers Market” menu debuting in Fall 2008.

## Media

Rose hosted her own weekly TV series on the Life Network (Slice) – **Lighten Up With Rose Reisman (1998-2002)**. She is a regular guest on CityLine with Marilyn Dennis, a weekly guest on CFRB 1010 ‘Toronto at Noon’ with Dave Trafford and writes a monthly column “Seasonal Cuisine” for Post Magazines. Rose has made numerous appearances on national TV and radio shows such as Breakfast Television, Fortune Hunters, Today (NBC), Balance: Television for Living Well with Dr. Marla Shapiro (CTV), and Canada AM, and EZ Rock.