

MANAGEMENT BIOGRAPHIES

Dr. Leonard J. Ram, MD, Founder & President

Leonard J. Ram, MD, is a board certified physician specializing in gastroenterology. Through his direct experience in treating stomach and intestine-related diseases in his many years of private practice, Dr. Ram has cultivated a keen understanding of, and expertise in, obesity-specific preventive medicine. Dr. Ram's passion for helping people fulfill their life's dream of permanent weight loss and healthy weight management led him to author *The Ram Nut Diet* - a book for "do-it-yourself dieters" and for those wanting to learn a unique and innovative approach to healthy eating. As a result of his studies, Dr. Ram is certified as a Physician Nutrition Specialist by the American Board of Physician Nutrition Specialists, and is the only physician/diet book author in the United States certified in both Gastroenterology and Nutrition practice areas. Dr. Ram has since leveraged his years of medical experience and field research to develop TrimTalk™ - a one-of-a-kind program designed to help individuals achieve long-term weight loss through a comprehensive, on-demand telephone-based support program. Dr. Ram's TrimTalk meets the needs of dieters seeking a lasting solution by addressing the three primary components of successful weight loss: nutrition, exercise, and emotional support. Dr. Ram earned his medical degree at State University of New York located in Brooklyn, NY. He is a member of the American College of Gastroenterology, the American Society for Gastrointestinal Endoscopy and the North American Association for the Study of Obesity (NAASO) - the leading scientific society dedicated to the study of obesity.

Jennifer Marie Baumann, MS, RD, LDN, Director of Nutrition

As TrimTalk's Director of Nutrition, Jennifer Marie Baumann, MS, RD, LDN, is charged with overseeing all nutrition-related components of the company's products and services. Ms. Baumann is a Registered Dietitian with the Commission on Dietetic Registration, a Licensed Dietitian-Nutritionist (LDN) in Pennsylvania, an active member of the Northeast Pennsylvania and American Dietetic Associations, and has served as a clinical hospital dietitian, researcher, and instructor at Marywood University. She is also the owner of Nutrawize Lifestyle Nutrition Services, LLC. Ms. Baumann has co-authored more than 12 peer-reviewed abstracts and more than 10 peer-reviewed research papers, and has presented research at numerous high level industry conferences. She holds a Master of Science in Nutrition and is a Summa Cum Laude graduate of the Nutrition and Dietetics Coordinated Program at Marywood University in Scranton, Pennsylvania. Ms. Baumann also holds a Certificate in Adult Weight Management from the Commission on Dietetic Registration.

Debi Lander, M.Ed., Director of Fitness

Debi Lander is TrimTalk's Director of Fitness, where she helps program members achieve their weight goals through personalized physical fitness initiatives. Having been called "a motivational master who transforms those who "hate to exercise" into more self-confident healthy individuals," Ms. Lander is extremely adept at helping individuals in need lose weight through one-on-one fitness instruction, personalized coaching and wellness counseling. Ms. Lander has earned the distinction of an *IDEA Master Personal Fitness Trainer*, which is the highest level of achievement possible granted by IDEA Health and Fitness Association, and has been honored with The Fitness by Phone Lifestyle Achievement Award. She has spoken at national conferences, and is co-author of *"The Power of Champions"*. Ms. Lander's professional experience includes serving as an exercise physiologist for The Johns Hopkins Weight Management Center in Baltimore, MD. She holds a master's degree in Exercise Physiology from Temple University in Philadelphia, Pennsylvania along with numerous health and fitness certifications from national organizations. Ms. Lander is also owner of Healthwise Fitness, Inc.

Jay Giacalone-Butterfield, LCSW, Director of Emotional Education

As the TrimTalk Director of Emotional Education, Jay Giacalone-Butterfield helps program members achieve their weight-loss goals through her development and ongoing refinement of the company's "Emotional Education Training Manual", which advises TrimTalk's team of weight-loss coaches on how to develop a helping relationship with program members. In this manual, Ms. Butterfield closely guides the coaches in learning techniques that will enhance the relationship between the client and the coach. Throughout her distinguished career, Ms. Butterfield has provided counseling and mental health services in a range of health care settings, including skilled nursing facilities, medical/surgical units, and emergency rooms. She has also served on geriatric assessment teams and outpatient behavioral health agencies. As a licensed clinical social worker with a private practice in Metuchen, New Jersey, Ms. Butterfield offers psychotherapy for both individuals and families. Before attaining her Master's Degree in social work, she was an educator in the public school system, where her interest in emotional education began. Her post-graduate work has focused on modern analytic family therapy. She has directed student counseling services at Felician College in Rutherford, New Jersey, and has been a visiting lecturer at Rutgers University School of Social Work in New Brunswick, New Jersey. Ms. Butterfield also established the Metuchen Seminars in Family Life, which offer emotional education to the community on a variety of mental health topics. She also runs corporate workshops on anger and stress management, crisis intervention, and self esteem. Ms. Butterfield holds a Master of Science Degree from the Columbia University School of Social Work, New York, a Masters degree in Public Media Arts, and a degree in Education. She also holds a membership with NASW.