

Kate Save



CEO and Founder

BeFit Food

Based in: Melbourne

SPEAKER DETAILS

Kate Save is a clinical dietitian, exercise physiologist, diabetes educator, and successful entrepreneur. She is the CEO and co-founder of Be Fit Food, Australia's leading dietitian and doctor-designed meal provider.

With more than 15 years' experience working in clinical health and fitness, Kate is a credible voice on all things nutrition and wellbeing.

Using the latest scientific research, she helps people to understand the direct link between food and their overall health. Her warm and engaging style and ability to translate complex topics into easy-to-grasp concepts, makes her a stand-out speaker and educator.

Having started one of Australia's most successful healthy meal delivery businesses, Kate is also an astute entrepreneur with an inspiring business story to tell that has been widely covered in the media. Among Be Fit Food's many accolades, the company was named Telstra's Victorian Business of the Year in 2018.

Kate is passionate about empowering individuals to achieve positive change — be it through sharing her wisdom on health, or her learnings in business. She is a regular media commentator and is often called upon by Australia's leading news, health, and wellbeing titles to lend her expertise.

Her core belief is that food should be the first medicine and her ambition is to revolutionise Australians' relationship with food, whilst halting the trajectory of weight-related chronic disease.

Kate's love of teaching sees her lecture and develop courses for Deakin University, Chisholm TAFE and FIA Fitnation, on the topics of diabetes, weight loss, heart disease, bariatric surgery nutrition and food intolerance. She is also the Director of Peninsula Physical Health and Nutrition and manages the Dietitian and Exercise Physiology services for three private hospitals.

Additionally, Kate co-authored 'Mini-Meals' and 'Mini Moves' — a children's cook-book and physical activity program that has been nationally accredited by the Government through their 'Active After School Care Program'. Outside of work, Kate is the proud mother of two children and understands the everyday life pressures faced by people and families in trying to strike a healthy balance.

Kate holds a double degree in Nutrition and Dietetics and Exercise Science from Deakin University as well as an Advanced Diploma in Diabetes Education, a Masters in Clinical Exercise Physiology and a Masters of Business Administration.