



Kathryn Parker R.D., L.D.

LifeQuest Director

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Kathryn Parker has been working with the LifeQuest program since its implementation in 1992. Originally hired to provide nutrition counseling, Kathryn's role expanded to Director in 1996. formerly, Kathryn was nutrition consultant to the University of Florida Athletic Association.

LifeQuest earned recognition from the former surgeon General, C. Everett Koop, M.D. in 1995, and is ranked one of the nations top 40 wellness programs by the Center for Disease Control. In addition, LifeQuest holds the coveted Platinum Award for Worksite Wellness from the Wellness Council of America. The City of Gainesville is the only municipality in the nation to hold such distinction.

Kathryn has her own business, TrainAmerica which provide programs focusing on wellness, nutrition, and fitness.

Kathryn served as president of the Florida Dietetic Association in 1992 and has two children attending the University of Florida.