

Donna Mintz

**Owner of Basil & Barbells, Inc.
Personal Chef/Personal Trainer**



Training and Education

The Institute for Integrative Nutrition, New York City
Professional Training and Certification Program

Culinary Academy of New York, New York City
Commercial Cooking and Catering Program

United States Personal Chef Institute, New Jersey
Professional Training and Certification Program

Natural Gourmet Institute, New York City
Vegetarian, Vegan and Natural Cooking Classes

Certification and Accreditation

American Association of Drugless Practitioners (AADP)
Board Certified and Accredited Member

Aerobics and Fitness Association of America (AFAA)
Personal Trainer Certification

International Fitness Association (IFA)
Aerobics & Fitness Instructor
Step and Kickboxing Instructor

National Endurance Sports Trainers Association (NESTA)
Certified Fitness Nutritionist

Other Experience

Health and Wellness Seminars and Cooking Demonstrations
In-home Natural Foods Personal Chef Specializing in Healthy Meal Preparation
In-home Cooking Lessons and Cooking Lesson Parties
In-home Personal Trainer

Publications

Health Newsletters

Bi-weekly newsletters used for distribution to clients and email subscribers

The Incredible Shrinking Critic by Jami Bernard – pages 213 - 214

I had the pleasure of meeting Ms. Bernard back in 2004 when she was interviewing me for an article in The Daily News. Imagine my surprise when I found her book and saw that she had written about me again!

Daily News

Feel (& taste) the burn – Written by Rosemary Black – December 23, 2007

Moxxie.com

The Thigh Whisperer – Written by Ms. Gail - July 26, 2006

Daily News

2 pounds lighter & lots wiser – Written by Jami Bernard – October 30, 2006

American Fitness Magazine

*My Perfect Career – Blending Trainer and Chef – Written by Jennifer Doctorovich -
March/April 2005 issue*

Health Magazine

Smart Cooking Gets Personal – Written by Kimberlee Roth – May 2005 issue

Idea Personal Trainer Magazine

Combining Meals and Motivation – Inspire the World to Fitness – January 2004 issue

Contact Information

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