## People You May Know What Matters to Felicia Stoler?

What Matters to Felicia Stoler? Fitness, Nutrition, and Families.



If you're channel surfing on June 20th, tune in to TLC (Monmouth Cablevision Channel 28) at 8:00 PM\* and you'll see someone you may find familar. Felicia Stoler, the new host of Honey, We're Killing the Kids!, is fit, well-informed, dynamic – and she's from Marlboro Township.

Focusing on ideas and solutions for healthy living for the whole family, Honey, We're Killing the Kidsl is a series designed to provide insights into the causes of childhood obesity and issue a critical wake-up call for parents. As the show's host and resident expert on nutrition and fitness, Felicia guides families through the process of becoming healthier.

With a long resume that combines fitness, media, and education, Felicia is uniquely qualified for her new assignment. She's also the mother of two children, so she knows firsthand the challenges of raising kids in an environment that doesn't always support healthy living. "The problem is not unique to any particular area,

race, or socio-economic class," she says. "There's a lot of misinformation in the media, and I think I can help with that."

A product of Marlboro public schools, Felicia graduated from Marlboro High School and attended Tulane University, where she studied political science and sociology. After college, she moved back to the Northeast and worked in a New York law office, realizing quickly that it was not a good fit. So she turned her attention to a career in media, taking a job in ABC News' Licensing Division to get her foot in the door. Poised to return to college for a master's degree in journalism, she asked a trusted friend, one of the show's producers for advice. "She told me that journalism degrees were a dime a dozen," Felicia recalls. "She suggested that I become expert in something that I'm passionate about and bring that experience back into media."

Felicia decided to parlay her lifelong enthusiasm for fitness into a media career, attending Columbia University at night and working at ABC News during the day. After graduating with a master of science in applied physiology and nutrition education and completing a dietetic internship, Felicia hit the ground running. Since then, she's been published in *The New York Times, New York Post, Teen Vogue, Prevention,* and *Runner's World*. She's appeared on radio shows and national television broadcasts, and speaks to groups about nutrition, exercise, health, and wellness.

She moved back to Marlboro when she started her family, but Felicia never stopped building her career. When she heard about the TLC program, she sent in a demo. Last fall, she heard that she had landed the job, and production began.

Felicia is delighted to have the opportunity to share what she knows with a national audience. "I show families they can make important changes – their eating habits, exercise, bedtime, chores, family activities," says Felicia. "We all have it within us to make the decision to live a healthier life."

 $\hbox{$^*$Check your local listings for specific scheduling information.}$