

Corporate/Group One-on-one Nutrition Counselling



NUTRITION CONSULTING INC.

An investment in nutrition counselling by Registered Dietitians is a vital way that you as an employer can reduce costs and boost your team's productivity. Healthy employees are better able to bounce back from stress and heavy work demands and have less illness and absenteeism. This can then reduce benefit program costs as well as worker's compensation and disability expenses. What's more, you can enhance your company image, recruit the best employees and boost employee retention and job satisfaction rates - just by investing in their wellness.

Corporate Ignite Package

This one-on-one program is designed to deliver multiple nutrition counselling sessions to your employees to ignite their success. Over time, your dietitian will help each of your team members with individual, credible, customized and easy-to-implement plans and strategies. Get your employees empowered with the information and resources they need to enhance their productivity and health.

Corporate Spark Packages

This one-on-one program is designed to deliver single nutrition counselling sessions conveniently on-site at your workplace or event (retreat, meeting, conference, trade-show or wellness fair). Your employees can sign-up to meet with a dietitian and discuss their most burning individual questions. Spark their interest in healthier eating habits by bringing a dietitian on location to get them healthier and feeling more productive. Contact us to discuss consulting fees for half-day, full-day and multiple-day bookings either locally or for locations involving travel.

One-on-one Nutrition Counselling Packages

www.healthstandnutrition.com Phone: (403) 262-3466



NUTRITION CONSULTING INC.

It's your health. Take a stand.

One-on-one Nutrition Counselling Packages	Corporate Ignite Package	Corporate Spark Packages
One-on-one nutrition counselling by a registered dietitian	✓ 3 sessions of dietitian support per employee <i>(Includes 3 X 1-hour nutrition counselling sessions per employee)</i>	✓ Half-day, full-day or multiple-day onsite dietitian sessions <i>(Includes sign-up for nutrition counselling sessions by individuals onsite at your event or organization)</i>
Subscription to "Sound Bites" monthly e-newsletter	✓	✓
"Build a Balanced Meal" idea board	✓	✓*
Calorie assessment & Health Stand daily food tracker tool	✓	✓*
A 50 page book of the nutrients in food	✓*	✓*
Mega menus for a month	✓*	✓*
"Members Only" web resources	✓	✓
Corporate/Large Groups 5 to 100+ People		
Total value per person**	\$ 554.85	Contact us for a quote!
Package savings!	20%	
Fee per person	\$ 445.00	

✓ = included in program

✓* = electronic resource

** = based on the sum of each individual service or product

Details of the Nutrition Counselling Packages

One-on-one Nutrition Counselling by a Registered Dietitian

Since everyone has different needs and goals, counseling sessions are customized just for *you*. For more information about the types of issues, goals and topics we can help with contact us at (403) 262-3466.

Sessions could cover ideas such as:

- What, when, why and how much to eat
- Healthy meals in a hurry and fitting nutrition into busy lifestyles
- Meal planning suggestions for breakfasts, lunches, suppers and snacks
- Strategies for increase satiety and fullness
- How to build balanced meals to maximize energy throughout your day
- Portion sizes specific for you
- Recipes for quick and healthy meals
- Eating out/travel strategies and recommended food choices
- Grocery shopping tips and which staple foods to keep on hand
- Education on how different foods impact your medical health (for example, how different foods affect your blood sugars, blood pressure, bone health, cancer risk, digestive health and cholesterol levels)
- Sports nutrition advice on what to eat and drink before, during and after exercise/activity
- Strategies for staying motivated and overcoming challenges
- The food-mood connection and addressing emotional eating
- "Ask the dietitian" session - get answers to a list of all your questions
- Advice on vitamins, minerals, herbs and dietary supplements.

Common areas of counselling:

- General health and wellness
- Nutrition to boost your energy
- Weight management (weight loss and weight gain)
- Cardiovascular disease, high cholesterol and high blood pressure
- Type 2 diabetes and other blood sugar concerns
- Low iron and anemia
- Sports nutrition
- Eating disorders (binge eating, anorexia nervosa and bulimia)
- Gastrointestinal issues such as irritable bowel syndrome, crohn's and colitis
- Vegetarian nutrition
- Food allergies or intolerance
- Osteoporosis or low bone density
- Pregnancy and infant nutrition
- Family nutrition and meal planning
- Pediatric nutrition such as picky eating or growth concerns
- And more! Contact us at (403) 262-3466 to discuss your goal or challenge.

One-on-one Nutrition Counselling by a Registered Dietitian (CONTINUED)

Need us to work with your health care team or other experts?

We would be happy to communicate with your eating disorder therapist, doctor, coach, personal trainer, personal chef, executive assistant, nanny, care giver or others. (Please note that some of your session time may need to be allocated if extensive communication is required).

How much dietitian support is available in the packages?

IGNITE PACKAGE: 3 sessions of dietitian support per employee

Nutrition counselling sessions are done at our professional office or by phoning in to our office. The Ignite Package includes 3, one-hour meetings per employee. Sessions expire 6 months from the date of the first counselling session.

SPARK PACKAGE

Half-day, full-day or multiple-day onsite dietitian sessions (Includes sign-up for nutrition counselling sessions by employees onsite at your event or organization). Contact us at (403) 262-3466 or info@healthstandnutrition.com for more information.

Subscription to “Sound Bites” Monthly e-newsletter

Newsletter is written by Health Stand Nutrition Consulting Inc. dietitians and is dropped into your email inbox monthly. It is loaded with practical nutrition tips, articles and recipes to help further your success.

“Build a Balanced Meal” Suggestions (Magnetic Fridge Board)

You will never be short of ideas with this list of breakfast, lunch and supper meal planning ideas. The magnetic “build a balanced meal” board hangs on the refrigerator or can be kept handy in the kitchen. This is one of our most popular nutrition tools!

Calorie Assessment & Daily Food Tracker Tool

Discover how many calories you need and receive a personalized meal plan for how many servings of different foods are right for you each day for good health. Track your daily progress with our popular food tracker tool where you can check off what you have eaten as you go through the day and determine if you are getting too little or too much of certain foods.

A 50 Page Reference Guide on the Nutrients in Food

This “must-have” reference book lists the nutrients of common foods including calories, carbs, protein, fat, fibre, vitamins and minerals.

Mega Menus for a Month

Need some menu ideas to get you going? Receive four sample weeks of healthy breakfast, lunch and supper suggestions along with corresponding recipes. Also receive a blank template so that you can create your own healthy menus for a month.

Access to “Members Only” Web Resources

Access to the exclusive Members Only section of our website will provide you with hundreds of nutrition and wellness articles, research updates and healthy recipes.

For more information about our programs, company policies and testimonials or to book an appointment phone (403) 262-3466 visit www.healthstandnutrition.com.