

Personal Nutrition Coaching

1. Learning Program



We are an established, professional nutrition practice that has worked with a diverse number of individuals, families and groups since 2000. Our team of Registered Dietitians/Nutritionists have over 50 years of combined expertise in the nutrition field.

We offer three nutrition coaching programs which are explained on the following pages to help you accomplish your goals.

Correspond directly with your Registered Nutritionist about your personal needs:

Phone: 403-262-3466

Email: info@healthstandnutrition.com

**It's your health.
Take a stand.**

INVESTMENT:

\$ 540.00 + GST for an individual*

\$ 810.00 + GST for a small group of 2-4 family/friends*

*payment plan of 2 payments is available

YOUR NEEDS:

This program is suitable if:

- You want to get started and build a foundation of knowledge related to your top nutrition challenges and goals.
- You want to brush up on your current eating habits or are looking for general healthy eating advice, meal planning tips or are looking to lose a small amount of weight.
- You want to further your understanding of nutrition for infants, toddlers, kids or teenagers. You need healthy meal ideas for your family everyone will like.
- You want to learn more about sports nutrition for recreational fitness training or competitive sports.
- You are self-directed, require limited ongoing support and only have a few nutrition priorities.

SERVICES INCLUDED:

1. **Coaching Sessions:** Three separate hour-long nutrition counseling sessions at our office (or alternatively by phone or Skype video conference) with your Registered Nutritionist. Your sessions are personalized to achieve an increased awareness of specific nutrition strategies that will help you improve your health. Sessions can be customized for your own unique goals and include a personal meal plan as well as practical meal and snack ideas for home, eating out and travel.
2. **Meal Planning Kit & Tracker:** Includes our exclusive: Build a Balanced Meal List (detailed list of food options), Write On! Supper Planner (weekly planning resource), Go Green Grocery List (reusable shopping list) and Nutrition, Fitness & Health Tracker (practical everyday journal).
3. **Credible Resources:** Access to hundreds of articles, recipes and tools for success. We will also provide you access to sample menus for a month and a 50-page reference guide on the nutrients in food.

Did you know that many employer health benefits cover the services of a Registered Dietitian/Nutritionist?



Personal Nutrition Coaching

2. Guided Change Program



YOUR NEEDS:

This program is suitable if:

- You have multiple goals related to nutrition, health and meal planning and want to make a significant change but have found it hard. You need a coach to work together with you for clear guidance, encouragement and accountability.
- You have been referred by a doctor for health issues or have a serious medical concern such as diabetes, high cholesterol, high blood pressure, heart disease, anemia/iron deficiency or have digestive issues such as irritable bowel syndrome, constipation, diarrhea, celiac disease, gluten intolerance or other concerns.
- You have more than ten pounds of weight to lose or have struggled with being overweight or obese for a long time. Your weight is taking its toll on your health, work and personal life.
- You or your daughter/son has an eating disorder such as anorexia, bulimia or binge eating and need a nutritionist as part of your health team to stop restricting, binging or purging. You want to create a healthier relationship with food and your body.
- You are a parent or caregiver of kids with nutrition issues such as picky eating, growth/weight concerns or food restrictions and are finding family meals challenging or stressful.
- You are focused on recreational fitness goals or competitive sports and are experiencing a sports nutrition challenge. You would like to improve your everyday training diet, pre-workout strategy, post-workout recovery and competition nutrition plan.

INVESTMENT:

\$ 1,530 + GST for an individual*

\$ 2,295 + GST for 2-4 people*

**payment plan of 3 payments is available*

SERVICES INCLUDED:

1. **Comprehensive Nutrition Assessment:** In-depth initial meeting with your Registered Nutritionist at our office (or alternatively by phone or Skype video conference) to review your goals, health and assess what, when, how much and why you are eating. We will then do a detailed computer analysis of your current food intake to determine your current baseline and the average calories, carbohydrates, protein, fat, fibre, vitamins and minerals you need each day. Based on your assessment we will map out a personalized plan to execute in upcoming strategy meetings.
2. **Customized Nutrition Plan:** In-depth meetings to review your assessment and discuss your meal plan and key strategies for success. We will begin helping you understand the science of food, health and medical concerns as well as provide you with the practical knowledge regarding portion sizes, meal timing and balanced meal and snack ideas.
3. **1 to 3 Months of Strategy Meetings** (weekly or bi-weekly, respectively): These sessions help support you in upcoming challenges and guide you with accountability and motivation. Alternatively, we may recommend using follow-up time for a personalized grocery store tour or weekly supper plans, recipes and grocery lists.
4. **Meal Planning Kit & Tracker:** Includes our exclusive: Build a Balanced Meal List (detailed list of food options), Write On! Supper Planner (weekly planning resource), Go Green Grocery List (reusable shopping list) and Nutrition, Fitness & Health Tracker (practical everyday journal).
5. **Credible Resources:** Access to hundreds of credible articles, recipes and tools for success. We will also provide you access to sample menus for a month and a 50-page reference guide on the nutrients in food.



Did you know that many employer health benefits cover the services of a Registered Dietitian/Nutritionist?

3. Comprehensive Support Program



YOUR NEEDS:

This program is suitable if:

- You have multiple goals related to nutrition, health and meal planning and want to make a significant change but have found it hard. You need a coach to work together with you for clear guidance, encouragement and accountability.
- You have been referred by a doctor for health issues or have a serious medical concern such as diabetes, high cholesterol, high blood pressure, heart disease, anemia/iron deficiency or have digestive issues such as irritable bowel syndrome, constipation, diarrhea, celiac disease, gluten intolerance or other concerns.
- You have struggled with being overweight or obese for a long time. Your weight is taking its toll on your health, work and personal life.
- You or your daughter/son has an eating disorder such as anorexia, bulimia or binge eating and need a nutritionist as part of your health team to stop restricting, binging or purging. You want to create a healthier relationship with food and your body.
- You are a parent or caregiver of kids with nutrition issues such as picky eating, growth/weight concerns or food restrictions and are finding family meals challenging or stressful.
- You are focused on recreational fitness goals or competitive sports and are experiencing a sports nutrition challenge. You would like to improve your everyday training diet, pre-workout strategy, post-workout recovery and competition nutrition plan.

INVESTMENT:

\$ 2,400 + GST for an individual*

\$ 3,600 + GST for 2-4 people*

**payment plan of 4 installments is available*

SERVICES INCLUDED:

1. **Comprehensive Nutrition Assessment:** In-depth initial meeting with your Registered Nutritionist at our office (or alternatively by phone or Skype video conference) to review your goals, health and assess what, when, how much and why you are eating. We will then do a detailed computer analysis of your current food intake to determine your current baseline and the average calories, carbohydrates, protein, fat, fibre, vitamins and minerals you need each day. Based on your assessment we will map out a personalized plan to execute in upcoming strategy meetings.
2. **Customized Nutrition Plan:** In-depth meetings to review your assessment and discuss your meal plan and key strategies for success. We will begin helping you understand the science of food, health and medical concerns as well as provide you with the practical knowledge regarding portion sizes, meal timing and balanced meal and snack ideas.
3. **3 to 6 Months of Strategy Meetings** (weekly or bi-weekly, respectively): These sessions help support you in upcoming challenges and guide you with accountability and motivation. Alternatively, we may recommend using follow-up time for a personalized grocery store tour or weekly supper plans, recipes and grocery lists.
4. **Unlimited Email Support:** Ensure you have access to your dietitian for the accountability and education you need in between appointments to stay on track and maximize your results.
5. **Meal Planning Kit & Tracker:** Includes our exclusive: Build a Balanced Meal List (detailed list of food options), Write On! Supper Planner (weekly planning resource), Go Green Grocery List (reusable shopping list) and Nutrition, Fitness & Health Tracker (practical everyday journal).
6. **Credible Resources:** Access to hundreds of credible articles, recipes and tools for success. We will also provide you access to sample menus for a month and a 50-page reference guide on the nutrients in food.

Did you know that many employer health benefits cover the services of a Registered Dietitian/Nutritionist?