

Nutrition Coaching

You know what to do...
now it's time to take action.

The LifeWorks Nutrition Coaching provides either a 6 or 12 Week program designed to give you the tools and techniques to get your diet on the right track. You'll be guided by our Nutrition Coach, Carol Wasp. Carol is a degreed exercise physiologist, certified personal trainer and now certified by The American Academy of Sports Dietitians and Nutritionists as a Nutrition Coach.

The 6-Week program is provided for those who need to lose a few pounds. They need the encouragement, the advice and the tools to get started and achieve success. The 12-week program is recommended for those who need more supervision, additional accountability and want more education.

Each program includes the following:

Week 1: 1-hour Consult

- Assessments: Fitmate Analysis, BMI, % Body Fat, Waist/Hip Ratio
- Receipt of your Lifestyle Journal
- Establish goals

Weeks 2 & 3: Weekly 30-minute Consults

- Review and discuss:
 - o Goals accomplished and establish new ones
 - o Lifestyle Journal
 - o Assessment results
 - o Appropriate menu plan

Remaining Weeks: weekly 15-minute Consults

- Review and discuss:
 - o Goals accomplished and establish new ones
 - o Lifestyle Journal
 - o Reassessment of BMI, % Body Fat, Waist/Hip Ratio



To get more information about the Nutrition Coaching program email Carol at cwasp@swgeneral.com or call Wendy, Business and Fitness Coordinator, at 440-816-4218.

Members: \$ 79, 6-week program \$129, 12-week program

Nonmembers: \$129, 6-week program \$179, 12-week program

