

Nutrition Coaching

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

The LifeWorks Nutrition Coaching is a 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. This program includes:

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

Weeks 4 thru 12: 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 you can email Carol at cwasp@swgeneral.com or call our Health and Fitness Coordinator at 440-816-4218.

Members: \$129
Nonmembers: \$179

