

sabes jcc nutrition coaching

DISCOVER THE NUTRITION PLAN THAT'S RIGHT FOR YOU



www.sabesjcc.org

why work with a nutrition coach?

Having a nutrition coach is like having a personal trainer for your eating habits. Combining healthy eating with your exercise plan maximizes your results. With a focus on your personal health goals, we work with you to create the right eating plan for your lifestyle and provide the motivation to keep you on track to your goals.

how it works

Nutrition coaching provides you with a program designed to meet your individual needs. Our registered and licensed dietitians work with you to create healthy eating plans based on your specific goals. Working with a dietitian helps you take the guess work of eating so you can spend more time living.

how to start

The introductory nutrition consultation is the first step. This consultation will help get you on the right track to healthy eating. We will assess your current eating habits, set nutrition goals, and provide a sample meal plan to get you started.

what's next

After completing the introductory nutrition consultation we offer different nutrition coaching options to meet your individual needs.

- **One-on-one nutrition coaching services:** This is like having a personal trainer for your nutrition. You meet with your nutrition coach who will help you design and implement the right diet for your lifestyle.
- **Small group classes:** Small group classes are a great way to work toward your nutrition goals while having the support and motivation of a nutrition coach and the other members of your group. These groups will help you with your nutrition challenges and cheer on your successes!
- **Large group education and seminars:** These classes will cover a variety of nutrition topics that will provide you with both basic nutrition education and keep you up to date on current nutrition trends and discoveries.

about our nutrition coaches

We strive to bring you the best nutrition services here at the Sabes JCC. All of our nutrition coaches are licensed and registered dietitians. This means our nutrition coaches have a national accredited certification and bachelor's degree or higher in nutrition/dietetics. The nutrition coaches also work closely with our nationally accredited personal training staff to provide you with the best programs for your healthy lifestyle.

for more information or to set up a consultation:

952.381.3406 / naltringer@sabesjcc.org



sabes jcc

you belong at the center.
experience it.