Inside-Out “Take Control of Your Goal!”

Nutrition Counseling and Education Significance/Objectives

1) Before any diet and physical activity program can be personalized and implemented, a nutrition assessment is needed.

2) Assess participants readiness to change and motivation.

3) Identify and describe a specific nutrition problem that can be resolved or improved through treatment/nutrition intervention.

Participant Expectations

1. Meeting with Wellness Health Educator Weekly
2. Forthcoming with information (factors) associated with weight management (past history of exercise, pregnancy, health conditions, dieting history, emotional wellness, physical activity, goals, etc.)
3. Adherence to wellness guidelines and personalized dietary plan
4. Logging Daily food intake and Physical Activity through Smart Device/Fitness Apps and sending data to Wellness Health Educator weekly (at least 48 hours before appointment)
5. 2-4lbs weight loss per month or
6. Reduction in Body Fat Mass/Percentage Body Fat and Increase Skeletal Muscle Mass

Expectations for Wellness Health Educator

1. Encourage Participation and Compliance
2. Nutrition Assessment, Counseling, and Education
3. Monitor & Evaluate Progress
4. Provide Personalized Dietary Guidance and Planning
5. Discuss options for weight loss supplements
6. Encourage Participants to take advantage of Wellness Program (Healthy Bucks, Education Seminars, Emotion Wellness, Fitness Center, Classes, etc.)