

## Nutrition Menu of Services



### **Weight Management and Accountability**

The dietitian will work with you to develop an individualized plan to assist you with your weight loss goals. After an initial consult, 15-minute accountability appointments are available to keep you on track.

**Intuitive Eating** Realign your body, mind, and spirit by listening to your own body cues in determining what to eat. This is a natural process that begins by using a hunger scale and learning to assess your hunger and satiety. Becoming an intuitive eater will challenge you to continually assess and make the next best choice for you!

**Irritable Bowel Syndrome (IBS) FODMAP diet** - If you have been diagnosed with fructose or lactose intolerance or irritable bowel syndrome, the Dietitian invites you to try a two-week elimination diet that can zone in on carbohydrate containing foods that may be causing the issues.

### **Diabetes or Pre-diabetes**

If your blood sugar numbers have been trending up or reached a classification of pre-diabetes or diabetes the dietitian can work with you to count carbohydrates and adopt a healthy lifestyle to lower your blood sugar.

**Lower Your Blood Pressure Naturally - Virtual Class** – Did you know there are many natural ways to reduce blood pressure through diet, exercise, supplements and relaxation? Join this virtual class (at any time) to explore methods to lower your blood pressure that might allow you to reduce or even eliminate your blood pressure medication. Cost is \$64 which includes an initial appointment with the Dietitian and a 28-day calendar of activities to perform to help reduce your blood pressure. All delivered through the Rec Center Virtual Gym.

### **Other medical conditions**

High cholesterol, or other diseases related to metabolic syndrome, osteopenia or osteoporosis and many other diseases can be improved with attention to the diet.

### **Adopt a Vegan/Vegetarian Lifestyle**

Thinking about adopting a Plant-based lifestyle? Meet with the dietitian to learn the benefits and challenges of adopting these lifestyles and how to insure you are getting all the nutrients you need.



***Sandy Holterhaus, RDN, LD, CYT***  
***Registered Dietitian***  
***Certified Integrative Nutrition Health Coach***  
***Certified Yoga Teacher***

Member Appointments 45 minutes \$20  
Eligible Non-members 45 minutes \$40