



7

Day Diet & Body Comp Analysis

Track your diet for 7 days in the Cronometer App, step on the SECA scale and let our dietitian guide you to better health.

For more information see back of flyer.
Pick up a copy under the mezzanine.

This analysis requires the effort of tracking your diet - including food, beverages, supplements, and activity in the free Cronometer app. This is an exceptional learning opportunity to see where you can make improvements to your diet and health.

Let Sandy Holterhaus, Rec Center Dietitian, monitor your diet and help you begin to improve your health in 7 days. This analysis emphasizes increasing your overall nutrient intake by getting the essential nutrients your body needs.

Steps to get started with this 7-day analysis:

- **Sign up for the 7-Day Diet and Body Comp Analysis. Cost is \$44 for Rec Center members, \$88 for eligible non-members. Make payment at the Rec Center Front Desk and schedule your initial 45-minute appointment.**
- **During your appointment you will step on our medical grade SECA scale and Sandy will assist with your Cronometer set up and help in aligning your nutrient targets to your health goals in the Cronometer app.**
- **Your Cronometer account will be monitored and reviewed by Sandy. In your end of week reporting you will receive suggestions for foods, recipes or supplements to help you reach optimal nutrition goals. Sandy will also make three suggestions based on your SECA body comp data to move you to better health.**
- **This analysis is recommended for anyone wanting:**
 - **Improve nutrient quality**
 - **Manage Weight**
 - **Increase muscle and strength**
 - **Improve health**
- **Analysis includes 45-minute meeting with a SECA body comp and Cronometer initial setup. After completing the 7-day analysis, you will receive an individual nutrition report and SECA scale analysis to drive you forward on your health goals.**
- **Contact Sandy with any questions at 295-0025 or email at: sandra.holterhaus@collins.com**