



Community Healthcare System®

# Nutrition Coaching: for your HEALTH



**Regular exercise is not only essential for health and wellness, but is only part of the solution to achieving long term health.**

Good nutrition is paramount to a well-rounded fitness routine. Whether you are looking to coaching for weight loss, cardiac health, diabetes or fitness nutrition, we can help.

## **WHY DO I NEED A NUTRITION COACH?**

- Effective way to manage multiple areas of health (fitness, nutrition, weight loss)
- Can help improve biomarker risk factors (blood pressure, blood sugar, etc.)
- Teaches tools to use to help reduce stress, sleep better, set realistic goals, etc.
- Offers guidance in taking the right steps to change unhealthy behaviors

## **LEARN HOW TO TAKE CHARGE OF YOUR HEALTH.**

Sign up for two appointments with a nutrition coach from St. Mary Medical Center.

Our nutrition coach is a registered nurse who is ACE (American Council on Exercise) trained and certified in fitness nutrition and weight management.

## **INCLUDED IN YOUR COACHING SESSIONS:**

- Personalized health assessment
- Body measurements
- Goal setting/plan
- Daily caloric recommendation and food intake (through MyFitnessPal app)

Nutrition coaching package:

**TWO 30 MINUTE SESSIONS**

**\$49\***

Call today to get started on the right path to being the best you can be,

**219-462-4185, ext. 262.**

\*no refund/non-transferable-must be used within six months of the first coaching session for best results. Payment due in full at first session.



Valparaiso Family YMCA  
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