



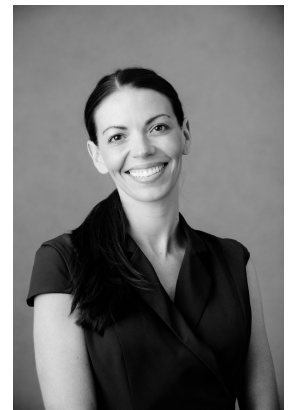
FAQ'S | *Nutrition Support*

We offer individualized nutrition support and counseling to take your success next level. Healthy eating requires a healthy mindset, learning the basics of healthy eating, understanding your health conditions, and navigating all of that in a way that's best for YOU! We have real experts on staff to help with your nutritional needs including **Registered Dietitian Nutritionists and a Certified Diabetes Care and Education Specialist.**

Each professional has a varied background including **weight loss, sports nutrition, allergies, disordered eating, diabetes, cardiovascular disease, and more.** We understand that nutrition needs are different for every individual depending on their body composition, health status, goals, and medical history. **Our dietitians can calculate personalized calorie and nutrition goals for you.** Whether it's a low-calorie diet for weight loss, low sodium for heart disease, or a restricted diet for other conditions we are here to help you choose the best meal plan for you. We get it, change is not easy, and knowing someone's got your back may be the little boost you need to press on!

The diet industry has many people confused about what is healthy and what is not AND what a realistic, healthy weight is. **Our professional dietitians can help you determine if your weight goals are realistic and healthy.** Struggling with changes in your blood sugar, bowel changes, low energy, or other physical issues. Unfortunately, we can't control our bodies. But luckily, generally all it takes is a few tweaks in habits or routines.

Changing eating habits can be an emotional roller coaster, and for some people letting go of food as a coping mechanism can feel impossible. Our team of experts understand the complexities of emotions and food, the difficulty of trying to break free from yo-yo dieting, and the frustration of sorting through nutrition information. **No matter what concern you have, our Registered Dietitians are here to help!**



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