



Nutrition Counseling Registration

North Area Family YMCA

Northwest Family YMCA

Member Name: _____

Date: _____

Telephone #: _____ (day)

_____ (evening)

Email Address: _____

Meet with the Registered Dietician to help you translate nutrition science into healthy behavior changes. Your RD will provide individualizes recommended dietary intake of energy and/or selected foods or nutrients based on current reference standards, dietary guidelines and the clients health condition. The primary goal will be to provide nutrition counseling services to support healthy behavior change and support chronic disease prevention and/or management.

Your Registered Dietician will conduct a thorough nutrition assessment. This may include detailing food and nutrition intake; calculating of specific nutrients, meals or snacks; patterns and portions sizes; exploring social and environmental cues to eating; and/or discussing food modification diets or regiments; food questions and frequency and choices of restaurants meals. An individualized nutrition intervention will be developed to help achieve desired health goals based on the nutrition's assessment.

Nutrition Sessions are available to *members only*. Appointments are set up on an individual basis. Please complete the following information:

| | |
|-----------------------------------|---|
| Single Nutrition Appointment | \$55/hour session |
| "Better Balanced" Package: | \$99.00 |
| Family Journey Through Nutrition: | \$120.00/couple (add on an additional Family member for: \$33.00) |

1) Single Nutrition Appointment (60 minutes)

Meet with the Registered Dietician 1 time to begin your individualized action plan.

Members: (0711NUTRIT01)

2) "Better Balanced" Package

Meet with the Registered Dietician 3 times (one 60 minute session, plus two 30 minutes sessions) to plan and receive a individualized "action guideline" with nutrition goals and strategies for achieving them.

Members: (0711NUTRITBB)

3) "Family Journey Through Nutrition"

Meet with the Registered Dietician 3 times (one 60 minute session, plus two 30 minutes sessions) to plan a family friendly plan that will work for the whole family. Working together to provide support and motivation to help achieve your goals together as a family!

Members: (0711NUTRFJ2)

◆ **Additional sessions can be added to any package for \$40/hour (0711nutradd)**

MEETING PREFERENCE (Day/Time)

Mornings

Afternoons

Evenings

Please submit to the Member Services:

Once you purchase your package be sure to pick up your **Client Questionnaire**.

Our Registered Dietician will contact you to set up your first appointment.