



Food & Nutrition

Energy, Healthy Habits,
Myth-Busting, Weight Management

Back to Basics

Nutrition Fundamentals to Improve Health & Body Composition

This session provides a helpful overview of the fundamentals for optimal nutrition. Focusing primarily on macronutrient basics, this session helps to clarify misconceptions while also highlighting practices for reducing body fat and increasing lean muscle mass. We look forward to addressing your burning nutrition questions, too!

Eating for Energy

Don't Let Life Weigh You Down

This is a lifestyle approach – not a fad diet – that supports a healthy relationship with food. It's based on eating whole foods mindfully to stabilize blood sugar, which maximizes both nutrition and energy. Complimentary practices around mastering stress, moving more, sleeping better and enjoying healthy indulgences truly set the stage for sustainable success. Join us to learn more!

Facts on Food

Uncover 10 Common Food Myths

How do you sort through all the facts and fiction online when it comes to healthy eating and getting the results you're after? It's overwhelming, isn't it? While some experts adopt an "eat this, not that" mindset, Facts on Food focuses on sharing the latest evidence around current hot topics. Join us as we uncover 10 common misconceptions related to nutrition while also addressing many frequently asked questions.

Healthy Holidays

Enjoy Better Balance with Food, Fun & Festivities

Learn how to leverage healthy holiday habits (in and out of the kitchen) along with some of our favorite healthy indulgences. From cooking and entertainment to activities and games, we have tips and tricks to maximize fun, flavor and nutrition all year long. Look forward to all the joy and none of the guilt!

Intuitive Eating

Guiding Principles to Nurture a Healthy Relationship with Food

This session is a comprehensive, evidence-based program that will help you to cultivate a profound connection with your mind and body, stop feeling distressed about food and start paying attention to hunger and satisfaction cues. Cultivated from the evidenced-based work of leading experts in nutrition and disordered eating, you'll learn strategies for increasing awareness and developing a new way of looking at food. Upon progressing through the principles, you'll gain tools for adopting sustainable lifestyle practices that support you physically, mentally and emotionally.



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Mindful Eating

Tune In to the Effects of Food

Mindful eating can support a variety of efforts including “non-diet weight management,” healthier eating patterns and a greater awareness of your body’s response to certain foods. By tuning in to this connection, and noticing opportunities, it’s possible to better understand which foods are serving your body well and which foods may be causing distress. Key learning objectives include improving mind/body awareness, beginning to address chronic symptoms and exploring food allergies, intolerances and sensitivities.

Nutrition, Fitness & Lifestyle (NFL)

Navigate Solutions for Busy, Working Adults

Join us in exploring 10 tips for getting maximum results from your daily choices. Look forward to feeling re-energized and recommitted to making your nutrition, fitness and lifestyle an important part of your day!

The 21-Day Quickstart

Nutrition Know-How to Jumpstart Results

Learn the dangers of diet culture and why fad diets often lead to missed opportunities and lackluster results. Instead, let’s prioritize small ways to make a big impact. This session provides a framework and targeted healthy strategies (for a series of three weeks) with the intention of setting the stage for short-term and long-term benefits. Look forward to adding powerful nutrition to your day and life, rather than focusing on what you can’t or shouldn’t have.