



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **NUTRITION, FOOD, AND YOU!**

## **YMCA Nutrition Consultations**

**BILLINGS FAMILY YMCA**

**New prices beginning May 2011**

Many people put hours of effort into their exercise regime while paying little attention to the foods they eat; you truly "are what you eat".

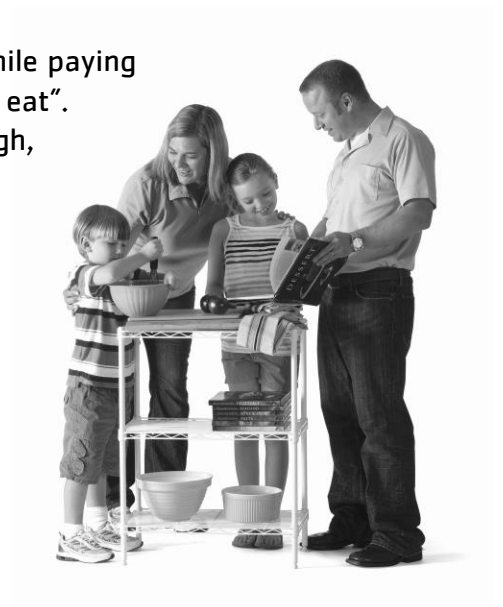
Invest in yourself and let Registered Dietitian, Beverly McHugh, help you achieve your health goals. Sessions will hold you accountable while setting and working toward short and long term nutrition and fitness goals.

**406-248-1685**

**402 N. 32<sup>nd</sup> Street**

**Billings, MT 59101**

**[www.billingsymca.org](http://www.billingsymca.org)**



# Nutrition Consultation Packages:

## Get Started Nutrition Package

\$99.00 Two – 1 hour sessions

“add a friend for \$25.00 more”

Is it time to make a little investment in your health? This *Get Started* nutrition package will help you identify nutrition goals and give you basic skills to get you started on the road to a healthy eating plan.

### **Session 1:**

Evaluate expectations, commitment and readiness to change

- ✓ Evaluate current eating patterns
- ✓ Review *Healthy Eating* guidelines
- ✓ Establish goals for calorie and fat intake
- ✓ Receive tools and resources
  - Calorie Resource Book
  - Food Diary Log book
- ✓ Set short and long term goals

### **Session 2:**

- ✓ Be size wise- learn about portion sizes
- ✓ Deciphering food labels
- ✓ Problem solving
- ✓ Review short and long term goals

## Nutrition Specific Sessions

\$55.00 1 hour session

“add a friend for \$15.00 more”

Pick the topic that is right for you or set your own topic:

**Eating on the Run:** Learn strategies for eating healthier in “on the go” situations.

**Crack Down on High Cholesterol:** Learn foods to include, foods to limit, and ways to substitute healthier fats. Set short and long term goals.

**Eating for Your Sport:** Make sure you’re feeding your body properly to perform at its peak.

## Food Coaching: Follow-up sessions to any package for ongoing support

\$35.00 30 minute session

\$109.00 Four – 30 minute sessions

## Weight Control Package:

\$349 8 – 1 hour sessions

“add a friend for \$50.00 more”

Using the “Real Solutions” Workbook , This package will provide 1:1 coaching to help you make long term behavior changes and establish a healthy weight. Includes Real Solutions workbook, Calorie Reference Book and Food Diary Logbook. Topics covered include emotions and eating, the importance of food journals, setting realistic weight loss goals, nutrition and weight loss and how to maintain weight loss after losing it. The workbook design allows readers to jot down their thoughts to motivate the weight loss process.