

Life Without Diets

Your path to weight freedom

Imagine What Life Would Be Like

- No scales, diets, and counting calories.
- **Freedom from the frustration of losing and gaining weight.**
- No more emotional eating and feeling out of control with food.
- **Enjoying food without guilt and restrictions.**
- Regaining your energy, stamina, and health.
- Finally, **a path to long-term health and wellbeing.**

1. Initial 90-Minute Nutrition Therapy Session

- Meet virtually with your personal dietitian.
- Assess your current health goals, taking inventory of your eating patterns, habits, food choices, and nutrient intake.
- Start to build a plan that is personalized to your lifestyle and your health needs.
- Practice awareness of hunger and fullness cues, emotional triggers and mindless eating.
- Reject negative self-talk and become more mindful and aware of eating patterns.
- Connect with your dietitian for support and guidance.



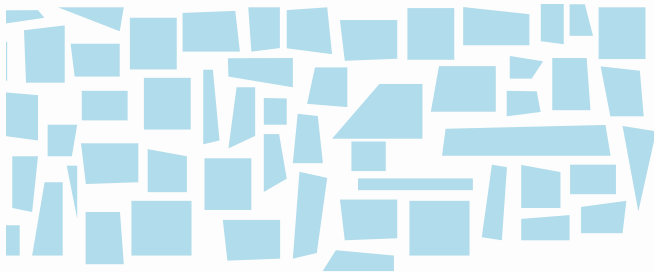
Expectations from your first session

- Comprehensive nutrition, health, eating and food history
- Lifestyle and habit assessment
- Personalized goal setting
- Individual weekly support
- Behavior change strategies



2. Virtual Nutrition Therapy Sessions

- Meet every 2 weeks with your dietitian/nutritionist
- Practice positive eating behaviors
- Weekly goal setting and support
- Discuss positive changes and overcome challenges
- Nutrition guidance so you can nourish your body and feel great



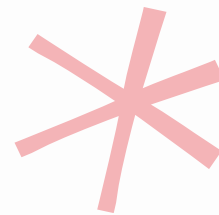
3. Three-Month Plan (Six sessions held every 2 weeks)

- **Initial Session:** 90-minute Kick Start with your nutritionist
- **Sessions 2, 3, 4, 5, 6:** 55-minute virtual counseling sessions held every 2 weeks
- Focus on setting weekly goals, eating behavior adjustments, balanced meal planning, building confidence with new habits.



Expectations from Life Without Diets

- Tracking of hunger and satiety
- Accountability
- Assessment of goals
- Experimenting with new habits
- Freedom from food guilt and restrictions
- Nourish your body for overall wellness
- Between session support and motivation
- Email access to your dietitian
- Nutrient tracking using our specialized nutrition app (if appropriate)
- Access to hundreds of healthful recipes and cooking videos
- Eating strategies for enjoyment, satisfaction, and convenience



4. Investment in your Health

3-month personalized plan may be covered by your insurance. If you are self pay due to an out of network plan, we can provide you with a receipt to submit to your insurance.

For your convenience, all sessions are virtual.

www.athensnutrition.com