

Nutrition for Men & Women 50+

A Nutrition Tune-up for a Healthier YOU!

Imagine What Life Would Be Like

- Freedom from all of the diets you've tried without success.
- **Eating deliciously balanced foods that lower your cholesterol, manage your blood sugar and maintain your weight.**
- Regaining your energy, stamina, and your health.
- **Finally, it's time for you!**

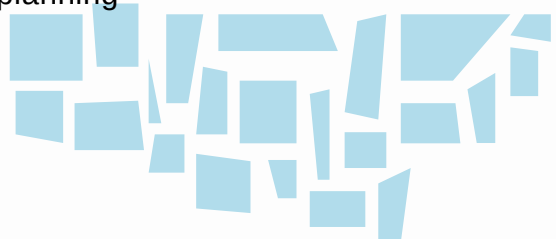
1. Initial 75-Minute Nutrition Session

- Conveniently meet virtually with your personal registered dietitian/nutritionist.
- Assess your current health goals, taking inventory of your eating patterns, habits, food choices, and nutrient intake.
- Start to build an eating plan that is personalized to your lifestyle and your health needs.
- Practice awareness of hunger and fullness cues, emotional triggers and mindless eating.
- Connect with our food tracker so your dietitian can help you with food choices.
- Connect with your dietitian for support and guidance.



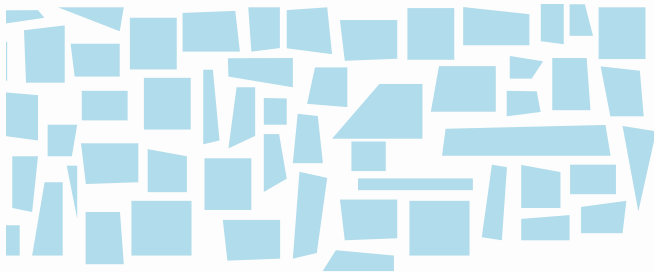
Expectations from your first session

- Comprehensive nutrition, health, eating habits and lifestyle assessment.
- Personalized goal setting
- Individual weekly support
- Behavior change strategies
- Food tracking for nutrient assessment and meal planning



2. Virtual Nutrition Follow-up Sessions

- Meet within 2 weeks of your initial session to review progress
- Practice positive eating behaviors
- Set weekly goals
- Discuss positive changes and overcome challenges
- Assess nutrient intake to create balanced meal plans



3. Additional Follow up Sessions

- After the initial two sessions, you and your dietitian will decide on the best plan for future sessions.
- We want you to be confident with your nutrition goals, eating behaviors, meal plans, food choices and new eating habits.

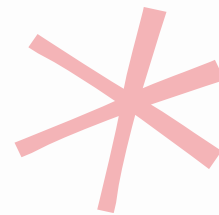


For your convenience, all sessions are virtual.

www.athensnutrition.com

Expectations from Meeting with Your Dietitian

- More energy, healthier weight, nourished body and better lab results
- Accountability check-ins
- Assessment of goals
- Experimenting with new habits
- Freedom from restrictive diets
- Between session support and motivation
- Email access to your dietitian
- Nutrient tracking using our specialized nutrition app
- Access to hundreds of healthful recipes and cooking videos
- Eating strategies for enjoyment, satisfaction, and convenience



4. Investment in your Health

Personalized, one-on-one nutrition sessions are the best way to make a positive difference in your future self! Contact us for more information.

