



## ***How You Can Benefit from Meeting with a Nutrition Coach***

The reality today is that 70 percent of Americans are overweight, which can directly affect health issues such as high blood pressure, type-2 diabetes, and heart disease. However, these diseases are mostly preventable through proper diet and exercise. Meeting with a nutrition coach for an individualized meal plan is one way to help you gain more control over your health. After meeting with a dietitian, you can benefit in these ways:

- **Gaining sound, reliable advice:** There are so many nutrition “experts” doling out advice or products online, in magazines, and on television. However, anyone can create a diet, write a blog, or push a supplement. Be leery of grand expectations and empty promises. A personal nutrition coach who retains credentials as a registered dietitian will discuss realistic goals and use information based on research and education to come up with a plan.
- **Prompting self-awareness:** It is not just knowing what to eat that is important to your health and productivity, but also figuring out why you are eating. Meeting with a nutrition coach can help to answer this question and come up with a plan that works for you and your situation. Cookie-cutter meal plans typically aren’t effective as a long-term solution, but figuring out individual eating patterns and the motivations behind them can be extremely eye-opening.
- **Learning how to prepare or order balanced meals and snacks:** Busy schedules have some people away from home for two meals and two to three snacks per day. Knowing what and when to eat can be a constant struggle. However, with simple suggestions and guidance from a nutrition coach, meal and snack times will become easier to navigate, thus leading to healthier and more balanced meals and snacks.
- **Improving productivity:** Getting regular exercise and eating a balanced diet can strengthen the immune system, which leads to fewer sick days and more days with increased energy and mental sharpness. Also, moods are balanced, so more positivity is displayed at work, allowing you to handle more tasks with confidence.

Meeting with a nutrition coach who is credentialed as a registered dietitian can be a vital tool for achieving wellness goals. Taking advantage of this opportunity to meet with a nutrition coach is a great way to get started on the right path to a healthier lifestyle.

***To find out more about bringing NIFS staff onsite for nutrition coaching or other services, visit our website [wellness.nifs.org](http://wellness.nifs.org) or contact Bethany Garrity at 317-274-3432 or by email.***

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