

EATING WELL HAS ITS REWARDS



Personal Nutrition Training NORTHFIELD AREA FAMILY YMCA



Nutrition solutions that fit your lifestyle. Meet one-on-one with the Y's Registered Dietitian Nutritionist (RDN), who can help separate the facts from the fads and knows how to translate the latest scientific research into practical strategies. Avoid the

gimmicks and short-term fixes. Get your nutrition information from an expert; and start enjoying the rewards of eating well.

Learn how to fuel your body properly and you'll:

- Feel better
- Improve performance
- Resist disease
- Boost energy
- Increase productivity
- Build immunity
- Age well
- Control your weight



NUTRITION TRAINING SERVICES

QuickBites

No fee; Included in your Y membership

Visit our RDN during posted office hours to learn more about nutrition training services or to ask nutrition-related questions. No appointment necessary for these brief consults.

PERSONAL NUTRITION TRAINING

Work individually with our Registered Dietitian Nutritionist to develop food-related strategies that help you achieve your wellness goals and live a healthier life.

To register for a Personal Nutrition Training session, visit Member Services at the Y. They will give you a Lifestyle Assessment to complete and return; the Nutritionist will then contact you to schedule an appointment.

If you have additional questions, contact Curwin Gett at curwin@northfieldymca.org, or visit <http://northfieldymca.org/healthy/personal-training/>

Initial Session (1 hour)

\$40 Y Member • \$45 Community Members

(Lifestyle Assessment, Set Goals, Develop Strategies)

Follow-Up Session (1/2 Hour)

\$25 Y Member • \$30 Community Members

(3) ½ Hour Sessions

\$60 Y Members • \$80 Community Members

(3) 1 Hour Sessions

\$110 Y Members • \$125 Community Members



Curwin Gett, MA RDN LD

Registered Dietitian with the Academy of Nutrition and Dietetics

Licensed Dietitian in the State of Minnesota

Master's Degree in Counseling

NORTHFIELD AREA FAMILY YMCA
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