



Personal Food Coach

Program Overview

Philosophy

- Personal Food Coach is designed to help you:
 - learn about healthy eating
 - set goals for making better food choices
 - experiment with food and preparation methods
- You will learn the “nutrition truths”
 - this will help you evaluate all of the nutrition mis-information that is out there
- You and your Personal Food Coach will work together to find what works best for you and your busy lifestyle

Benefits of Healthy Eating

- Lower your risk for heart disease
- Lower your risk of having a stroke
- Lower your risk for certain cancers
- Lower your risk for hypertension (high blood pressure)
- Lower your risk of developing Type 2 diabetes
- Lower your risk of hyperlipidemia (high cholesterol)
- Contribute to an improved sense of wellbeing
- And much more!

Who Is Eligible?

- You must at be least 18 years of age
- Persons with certain medical conditions are ineligible
 - Those conditions are determined on a case-by-case basis



How It Works

- With the support of your Personal Food Coach, you will:
 - Identify your specific areas of interest
 - Develop personalized & flexible goals
 - Break your long-term goals into gradual, specific weekly goals
 - Work on your ***Food Forward*** activities



Online Modules

- There are four core modules that address topics that are important for everyone to know
 - SMART Goal Setting
 - Food for Health
 - Overcoming Barriers
 - Maintaining Motivation
- The remainder of the 12 week program will focus on areas that are of specific interest to you
 - These classes are the optional modules

Examples of Optional Modules

- Know Your Numbers
- Meal Planning Made Easy
- Nutrition in the Kitchen - Fighting Fat
- Nutrition in the Kitchen - Fun with Fruits, Vegetables & Grains
- Nutrition on the Go
- Portion Size Matters
- Supermarket Savvy - Focus on Fiber
- Supermarket Savvy - Lower the Fat

Food Forward

- Each week, you will have activities to perform that will help you meet your goals
- They will be presented to you in the form of ***‘Food Forward’*** activity sheets
- These activities will be specific to each module, and will guide you as you learn to make healthful food choices

Who is Your Coach?

- Specially trained professionals will:
 - work with you to determine your goals
 - assist you in reaching your goals
 - be a positive supportive voice for you, as you make healthy lifestyle choices
- You will receive weekly contact from your coach to answer your questions, provide suggestions and support you in achieving your goals

Experience

- Coaches are degreed professionals in the fields of:
 - Nutrition/Dietetics
 - Health Education



Confidentiality

- All information collected with Personal Food Coach will be treated in a strictly confidential and private manner at all times
- All information collected for the purposes of Personal Food Coach will be collected and stored following the national standards set by the Health Insurance Portability And Accountability Act (HIPAA)

Cost & Starting

\$200.00

for the 12-week program

You can start Personal Food Coach anytime!

Join Us!

- Ready to get started on achieving your nutrition goals with Personal Food Coach?
 - Register [Online](#)
 - Or by phone at 703.750.8800
- Have more questions?
 - [Email us](#)
 - Call 703.698.2434

