NUTRITION EDUCATION PROGRAM

4 Week Program that Redefines Weight Management Success!!

Learn how we integrate individual metabolism, nutrition, sleep quality/risk and body composition data with nutrition tracking, timing, meal planning and energy balance.

Workshop Includes:
- Nutrition Application Instruction
- Metabolic Rate Measurement
- Nutrition 101: Energy Balance
- Meal Planning & Healthy Choices
- 8 Weeks of Staff Support

$99 Individual    $149 Couple    $199 Household

Thursdays 6pm-7pm beginning April 6, 2017
(April 6, April 20, April 27 and May 4)
TOWSON UNIVERSITY WELLNESS CENTER

Nutrition Education Program

Towson University Wellness Center has designed the Nutrition Education Program to educate and empower individuals who are committed to making healthy lifestyle changes.

The Nutrition Education Program provides you with instruction and support in our program-specific use of nutritional applications and data tracking, health-risk screenings and participation in optional metabolic research programs at the Wellness Center. You will also learn through a series of workshops the importance of using your personal data and specifically, how those measures can be influenced with lifestyle changes. Through interactive lectures, nutritional recommendations and a personalized plan of action, you will have a structured plan that will guide you on your way to healthier living. In addition, you will learn WHY we structure nutrition and exercise plans the way we do. This program will give you a long-term plan designed to produce lasting results.

The Nutrition Workshop includes:

- **Baseline Assessments and Screens:**
  - Height/Weight, BMI
  - Sleep Apnea and Nutrition Risk screenings

- **Metabolism:**
  - Determination of Resting Metabolic Rate
  - Optional participation in research study provides Body Composition Analysis: Fat-Free Mass and % Body Fat.

- **Nutrition Education:**
  - Nutrition application instruction and support, data collection, food tracking and report preparation.
  - Macro-nutrients and individualized data worksheets.
  - Relationship of energy balance, nutrient timing, metabolism and body composition.
  - Meal Planning and healthy food choices.

*Let us TEACH you and HELP you SUCCEED today!*