



nutrition coaching

Coach-Client Agreements.

I was coached for 20 years as a figure skater. Through this experience, I learned how important it is to have an athlete-coach match. My coaching style might not be for everyone. Read over my philosophy and style below to determine whether I would be a match for your health goals.

1. Understand that my coaching strategy focuses upon **encouragement** and **learning**.
 - a) **Encouragement:** Emphasis will be on building a trusting relationship where appropriate encouragement through suggestions, probing questions and virtual high-five's provide incentive to push forward.
 - b) **Learning:** the ultimate goal in my coaching philosophy is to bring you to a place where you eventually don't need me anymore! Therefore, it is expected that you will read articles, track progress and review your data along with me in order to learn lifelong health hacks, sustained practices and effective self reflection.
2. Understand that my coaching aims for **consistency**, not necessarily perfection. Life balance is key.
3. Understand that this experience is a journey to **deep health**.

That means, it is a steady, **slower process** that becomes sustainable long term. If you have a short term goal, like losing 15 pounds in two months for an upcoming wedding, I am not the coach for you.



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4. Understand that every ‘body’ is different and responds differently to various inputs.

There are some practises that benefit everyone (like eating more slowly) but **some experimentation** (which means some things won’t work and we will try something else) will be necessary to determine what your body needs and responds to.

5. Understand that **both nutrition and movement** contribute to a person’s well being.

We will begin with adding some more nutrition to your existing diet and encouraging you to think about ways you can move regularly (Half hour walk after supper? Gardening? Biking? Fitness class? Yoga? Swimming? Cross country skiing? Taking the stairs at work? Parking at the farthest parking spot from the store?). **I am not a personal fitness trainer**; you may want to invest in one as part of a team effort to meet your goals.

6. **Sustainable change** occurs when habits are built (or eliminated) **one at a time**.

7. I will be **providing information** which is intended to help you **make informed decisions** for your nutritional needs and movement preferences.

I will not be providing meal plans or exercise regimes. Ultimately, you will eat what you decide and engage in the kind of movement that you determine works for you and your schedule.

8. Understand that **not all results can be seen by a weight scale.**

Body composition can change for the better without losing weight (muscle, fat, water ratios). We will be looking for multiple sources to determine if what you are doing is effective (clothes fit better, your doctor says your blood pressure is better, your resting heart rate goes down, you have more energy, less brain fog etc.)

9. While I feel confident helping anyone who wants to improve nutritional and health habits, I specialize in **women, peri-menopause and adults over 40.**

I admire the dedicated lifestyles of plant-based eaters such as vegans and vegetarians, but this area is outside my expertise and scope of practise. I am committed to keep up with current health and nutrition information combined with my Nutrition Training from “Precision Nutrition Inc.” in order to help sort through fad-information versus current science around attaining deep health.

10. **Most importantly, nutrition coaching is not intended to be a substitute for regular warranted advice and visits to your necessary professional health care doctors and providers.**

You should visit your family physician regularly as required, attend all specialist appointments and keep up with required visits to other healthcare professionals like optometrists, dentists, physio therapists etc.





What's the plan?

Kick Start Program

\$50 ONE TIME ONLY FEE

This two hour consultation is designed for clients who have some nutritional and health goals and have tried various methods to achieve them without success. During the consultation, I will determine suggested food choices/changes along with some advice around food proportions and ratios based upon the client's goals and obstacles. Ideas for some strategic and simple habits will also be provided. This session might be all one needs to re-focus and execute. However, if after the consultation, the client feels regular coaching and accountability would be beneficial, s/he can change to one of the formal coaching programs with the first month offered for free.

Six Month Accountability and Coaching

\$80/MONTH

Included in this plan is the following:

- Initial two hour consultation where 'wishes' are formalized into specific, measurable goals
- Weekly check ins where ideas, suggestions, building blocks are provided based upon evidence and data and where client questions are aired
- Regular information is sent electronically to inform, backup and encourage goals and practises
- Science based articles and studies are provided to substantiate methods
- After six months, client and coach together can determine if more coaching would be beneficial

Grocery Store Tour

\$25

If available and in your area, we could arrange for me to come with you to your favourite local grocery store. I can show you how to ensure you come home with the best food to meet your goals and help you sort out some of the best choices for deep health. Did you know there are some shopping habits that can ensure you are not tempted to pick up the Oreo cookies, just because they are on sale?!