



Certified Nutrition of Omaha

Feeding Your Fitness

Corporate & Community Wellness Programs

Group Programs

8 Credits*

Lunch and Learns†:

- *Fats & Sugars, Up Close:* Learn the truths about when they are ok, and when they are harmful. See what's really in your foods with demonstrations and learn how to discover the truth about what you are eating!
- *Superfoods:* Learn which foods qualify, what these foods do for you, and tips on how to include them to improve your health.
- *Eating Out Simulator:* Learn how to read menus, discover hidden secrets about local menus, and participate in a hands on learning experience that will help you in the real world!
- *Sugar Detox:* Eliminating added sugars from the diet, for even a short period of time, can do wonders for you energy level and your sweet cravings. Learn the process and the reasoning, then start this easy overhaul.

Food Demonstrations†:

- *Freaky foods:* Become a more adventurous eater by sampling, and receiving recipes for “weird” foods, such as eggplant, tofu, and chia seeds.
- *Fix and Freeze:* Make ahead meals have never been easier. See how a simple marinade can be prepared to make that frozen chicken more enticing. Receive recipes and tips for making meals ahead of time. Practical advice you will especially love on a busy evening!
- *Amnesty Day:* Bring your most addictive, hard to give up food for an event that is helpful and habit-busting! Leave it with the group to get it out of your reach, or learn how to control your intake of that oh-so-delicious snack! Healthy snacks will be provided.

Grocery Store Tours:

- Take a tour of your favorite store with a Dietitian who has WORKED as a grocery store RD!
- Learn tricks that will help you follow a more healthy diet.
- Explore new parts of the grocery store, and de-mystify the “health foods” section.
- The tour will be interactive and fun, and you will leave with new ideas and motivation to go grocery shopping!
- Tours will be held at one store, but will include tips on what to do when you are in any store.
- Groups will be formed based on availability, and will include 5-6 participants for each tour.

Nutrition Boot Camps:

- Early AM movement and light breakfast will get your blood pumping!
- Nutrition Boot camps will be held at Certified Nutrition, near 144th and Center, before work hours.
- Movement will include group power walks (weather permitting) and/or body weight resistance exercises, directed by a Certified Personal Trainer.
- Designed to allow for all fitness levels, this workout will prove that even a moderate activity will provide energy for the rest of the day.
- Body Bugg armbands will be rotated among participants to determine calorie burn during exercise.
- Light breakfast-type post workout snacks will be provided/ included following 45 minute workouts.
- Groups of up to 10 participants will be formed based on availability/interest.

Individual Programs

2 Credits*

On or Off Site Private Nutrition Sessions‡:

- Choose weight management, wellness, sports nutrition, or disease specific nutrition focus and receive 2, 30-minute counseling sessions.
- Choose accountability sessions for quick “check-in” advice and motivation.
- Choose meal plan sessions and receive an initial appointment and follow up that includes a customized meal plan and instructions for implementing that plan. 2 30-minute sessions.

Private Grocery Store Tours:

- Take a tour of your favorite store with a Dietitian who has WORKED as a grocery store RD!
- Learn tricks that will help you follow a more healthy diet.
- Explore new parts of the grocery store, and de-mystify the “health foods” section.
- The tour will be interactive and fun, and you will leave with new ideas and motivation to go grocery shopping!
- Tours will be held at one store, but will include tips on what to do when you are in any store.

Exercise & Nutrition Private Sessions:

- Exercise and talk nutrition at the same time with a 1 hour Personal Training and Nutrition Session
- Workout programs individualized to your goals will be provided at a 2nd session for at-home, or in-the-gym use!
- Training will be provided by Jill, now both an RD and a Certified Personal Trainer. Sessions will be at Certified Nutrition @ 14441 Dupont Court, Suite 100.
- Jill utilizes the TRX, BOSU, free weights and interval training concepts to format an easy to follow workout routine that can be completed anywhere. No more excuses!

* Credits are \$25 each
 † Unlimited number of participants
 ‡ Get 4 sessions for 2 credits