

Healthy Creations

Healthy Creations is an 8-week nutritional education program consisting of meetings once a week. Participants will receive a personalized plan to help meet fitness and weight loss goals. Weekly meetings are led by an Altru Registered Dietitian and Personal Trainer, and include: Weigh-ins, self-evaluations, nutritional education, exercise suggestions, and tools for behavior modification.

	Dates	day/time	location	cost	min/max
WINTER SESSION	Jan. 11. - March.1	WED / 5:30 - 6:15 pm	Choice Community Room	\$120	5/20
Registration Deadline: Jan. 2 (No registration after deadline)					

FUELING For PERFORMANCE

Fueling for Performance is a 6-week nutritional education program consisting of meetings once a week. Participants will receive a personalized plan to help meet performance goals. Weekly meetings are led by a Altru Dietitian & Personal Trainer and include: weigh-in, self-evaluation, nutritional education on how to fuel your body for optimal performance, and tools for behavior modification. (Age 16+)

For more information and to sign up, contact:
 Jorid Dagfinrud | jdagfinrud.choice@gmail.com | 701.746.2790

Teen FUELING For PERFORMANCE

Fueling for Performance Teen is a 5-week nutritional education program consisting of meetings once a week. Participants will receive a personalized plan to help meet performance goals. Weekly meetings are lead by a Altru Dietitian & Personal Trainer.

Week 1: Participants meet with a Personal Trainer 1 on 1 to set performance goals and to do baseline performance screen.

Week 2 - 4: Weekly 45-min group meetings focusing on nutrition & behavior modification

Week 5: 1-hour meeting on nutrition, behavior modification, & re-assessment of performance.

For more information and to sign up, contact:
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CHOICE NUTRITION CLASS REGISTRATION FORM - WINTER SESSIONS

Name: _____ Phone: _____
 Address: _____ City/St/zip: _____
 _____ Email: _____

MARK THE SESSION & CLASS IN WHICH YOU WISH TO PARTICIPATE:

HEALTHY CREATIONS

WINTER SESSION

_____ Jan. 11 - March 1
 _____ WED | 5:30 pm
 _____ \$120

FUELING FOR PERFORMANCE & FUELING FOR PERFORMANCE TEEN

Please contact me with more information about Fueling for Performance:

Name: _____
 Email Address: _____
 Phone Number: _____ - _____ - _____

CHOICE NUTRITION PROGRAMS

*Healthy
Creations*

Healthy Creations is a weight loss program designed to educate participants on proper nutrition, introduce exercise & an active lifestyle, and provide tools for behavior modification. Participants meet weekly with a registered dietitian & a certified personal trainer who help to provide support, motivation, and accountability.

*FUELING For
PERFORMANCE*

*Teen
FUELING For
PERFORMANCE*

Fueling for Performance & Fueling for Performance Teen are nutrition programs designed to help athletes reach their performance goals. Through an interactive learning environment, participants learn how to properly fuel their bodies for their specific activities. Program consists of weekly meetings with a registered dietitian & certified personal trainer who provide support & motivation to aid athletes in enhancing performance.

