

Virtual Grocery Store Tour

Are you ever overwhelmed by the plethora of products and marketing ploys at the grocery store? Or do you shop on autopilot, always buying the same items without regard for what you may be missing?

Take a virtual tour of the grocery store and learn tips and strategies for choosing healthful foods and making satisfying meals.

We will discuss meal planning, home cooking and why eating well does not have to be elaborate. This is a comprehensive class that covers a wide range of topics.

The Power Lunch, eat to stay energized ~ Jeopardy!

Your workday is full of demands and sometimes the peaks and more-so, valleys of your biorhythms can be counterproductive. If you often feel sluggish after lunch, what you eat can make all the difference.

This class is formatted as an interactive Jeopardy style game, intended to generate a worthwhile discussion about how the foods affect your “system”.

You will be provided with tips, recipes and quick meal ideas for planning, packing, or picking a power lunch that will help you stay alert and focused all afternoon.

Active participation is encouraged so eat your power breakfast and join us!

Boosting Immunity with Food

Can specific foods boost your immunity? Absolutely!

Join us for this interactive presentation and learn how the foods you eat can keep germs at bay and you feeling your best.

Eat Mindfully...with a Twist!

Slowing down enough to be aware of what and how much you eat can be difficult in our fast paced, fast food culture. However, clearly it is beneficial to take time to nourish yourself properly.

This is a facilitated discussion sure to bring your awareness to your current style of eating and provide systems and strategies for eating more mindfully...with a twist!

Eat and Exercise for Efficiency; Making the Most of your Metabolism ~ Jeopardy!

Is it possible to raise your metabolic rate and become a more efficient “machine”, capable of burning more calories, even at rest?

Join us for this interactive Jeopardy style game and learn how by answering questions related to energy, Resting Metabolic Rate, and eating and exercising for efficiency.

Added Sugar 101: Breaking the Sugar Cycle

Now that trans fats and sodium are in check, it's time to focus on added sugar and products that may be causing you to eat more of it than you may think.

Come to this informative and interactive talk and learn current recommendations regarding added sugar and how to read ingredient lists to avoid over consuming the “not so sweet” (for your health) stuff.

Summer Food Safety

Enjoy a slide show about a hot topic - summer food safety.

Learn how to keep your family and friends safe during warm afternoon barbecues or while fishing, boating, or camping.

No matter where the wind blows you, there are a few basic rules worth reviewing to make sure the food you eat and serve is safe to eat.

Prepared by educators at *University of Nebraska Lincoln Extension* this show is evidence based and informative. Join us!

Who has Time to Cook?

The “busi-ness” of life often leads to chaos. With so many demands on our time, energy and other resources, plus the challenges of raising a family or pursuing personal interests, it's no wonder that the allure of fast, to go, take out food persists and prevails.

During this class, we will pause to consider the importance of home cooking and whether it's something you'd like to prioritize?

We will discuss barriers to home cooking, strategies to overcome them (including time saving tips), and provide resources such as cook books, apps, websites, meal planning tools, etc. that may help streamline the process of preparing satisfying meals at home.

Finally, we will “stir the pot”, looking at current nutrition trends - intended to generate valuable Q & A from participants who often learn best from each other. Join us!

Healthy Heart, in a nutshell

Developed for Healthy Heart month, this talk delves into how eating well and exercising enjoyably can positively impact your cardiovascular and overall health.

Full of positive and realistic tips, you will leave feeling refreshed and empowered; ready to prioritize your health!

Fueling an Active Lifestyle

A comprehensive sports nutrition talk, delving into current recommendations for eating before, during and after workouts, training, and sporting events.

We will compare the use of engineered sport supplements (protein powders and energy bars/gels/gu) versus real food and give examples of how each may be used to enhance performance.

Steady Strong Sports Nutrition, the Fundamentals

A streamlined version of *Fueling for an Active Lifestyle*, ideal for an office setting with many types of athletes or fitness enthusiasts.

We will discuss the foundation of a healthy sports diet, ideas for eating before, during and after training/events and offer specific suggestions for products or foods.

Nutrition and sports performance are inextricably linked and reinforcing the bond will yield powerful results!

Steady Strong for High School Female Athletes

Teenage, female* athletes are bombarded by messages around eating and body image, from social media, endless photographs, and news feeds.

Athletes may also get messages from coaches or teammates about what they “should or should not” be eating or how they “should” look.

This talk was designed to clarify the confusion. We discuss what is a well balanced diet; the need for adequate calories, carbohydrates, protein, etc., and what to try before, during and after games to enhance performance and ward off fatigue.

It also touches on body image messages on social media and generates an empowering conversation that every teenage athlete should be a part of. Schedule this talk today!

* This talk can be customized for male/co-ed athletes as well.

THE WHOLE **YOU** **Intuitive Eating 101**

Intuitive eating, pioneered by Tribole MS, RDN and Resch, MS, RDN, in the mid nineties, is gaining speed and expected to be among the fastest growing nutrition trends in 2017 and beyond.

“Make peace with food; free yourself from chronic dieting forever; rediscover the pleasures of eating”.

Consistent with body positivity and Health at Every Size®, the process is intended to help clients restore trust in themselves and develop a lasting and peaceful relationship with food and movement.

As a *Certified Intuitive Eating Counselor*, Janet will introduce participants to the 10 guiding principals and encourage them to join the movement and reap a host of intrinsic rewards!

Coming soon - Intuitive Eating Group classes

