

Nutrition services are now available at Dental Associates of Cumberland with Lisa Carr, Certified Nutrition Specialist

Eating healthy and maintaining an exercise program, while challenging at times, can be realistic and achievable with a little planning, education, coaching, guidance and accountability. Lisa R. Carr LLC understands the many challenges facing families today, and we are dedicated to helping you find solutions and strategies that work for you and your family.



FOUNDATIONS IN NUTRITION PROGRAM

The Foundations in Nutrition program provides an introduction to healthy eating and weight management. This individual consultation program includes: customized menu planning, education, lifestyle coaching, exercise program guidance, stress reduction techniques, support and accountability, providing you with the tools necessary for successful weight management. We will be with you every step of the way, providing expert nutrition and fitness education, encouragement and motivation for continued success. Four sessions are recommended to establish a solid foundation for education and lifestyle change:

Session 1: Establishing a starting point (body composition testing, food log review, menu plan creation)

Additional coaching sessions cover a variety of topics based on your educational needs and concerns.

HEALTHY BALANCE - Available in January 2014!

This revolutionary weight-loss and lifestyle modification program incorporates menu planning, exercise and stress management techniques help individuals achieve a healthier lifestyle without resorting to fad diets. Participants benefit from the camaraderie and reinforcement of a group setting during weekly meetings. Participants receive a course book, educational materials, recipes, support and valuable advice from a nutrition and fitness professional.

Healthy Balance is not just for individuals interested in losing weight but also for those who want to make a lifestyle change. Many will benefit from the nutrition guidance and lifestyle coaching the program provides.

Program Outline

Week 1: Introductory Class

Week 2: Calculating & Meeting Energy Needs

Week 3: Fueling for Fitness

Week 4: Understanding Food Labels

Week 5: Supermarket Smarts

Week 6: Dining Out

Week 7: Vitamins, Minerals & Supplements

Week 8: Putting It All Together

MEET LISA



Lisa holds a B.S. in Exercise Science from Bridgewater State College. Lisa is an AASDN Nutrition Specialist and Licensed Nutrition Manager Consultant, as well as an ACE Certified Personal Trainer and Health Coach. Lisa has over 12 years of experience in the health, fitness and wellness industry and has worked in a variety of settings including hospitals and private, public and corporate based fitness facilities. Lisa worked for four years as an exercise physiologist in cardiac and pulmonary rehabilitation; a clinical wellness program that emphasized disease risk factor modification; and an exercise program for patients with Parkinson's disease. She also has six years of experience as a Wellness Director for a corporate fitness company, creating and implementing wellness education programs and directing health promotion initiatives.

Lisa currently serves the Rhode Island community offering nutrition seminars and nutrition consultations, as well as fitness programs for children and adults. Lisa combines her nutrition and exercise expertise with health coaching, motivating her clients to tackle common barriers to weight management success. Lisa is passionate about educating, equipping and empowering her patients with knowledge and educational tools to improve their overall health and quality of life. For more information visit www.lisarcarr.com



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