

# 10 Healthy Eating Tips

1. Eat REAL food! Processed and artificial foods trigger systemic inflammation – which is at the root of chronic pain and many disease conditions.
2. Eat a diet rich in vegetables, whole grains and fruits. The more color, the more nutrients!
3. Eat organic when possible. Eat animal products free of hormones and antibiotics.
4. Drink lots of water—half your body weight in ounces!
5. Eat in a relaxed, nourishing setting and eat slowly!
6. Eat more variety! Most Americans eat the same 10 foods every day. Try to eat at least 30 different foods each week.
7. Avoid simple carbs (refined foods such as white bread, cookies, cakes, etc.) Eat complex carbs (veggies, beans, grains, whole grain breads, cereals).
8. Manage cholesterol by avoiding saturated fats (animal fats). Eat vegetable oils instead (canola, olive, safflower) and avocados!
9. Eat protein, fat and carbs at every meal. Protein, fiber and healthy fats help to balance blood sugar and energy levels.
10. Be sure to eat the top 10 foods that fight inflammation including: walnuts, blueberries, sweet potatoes, salmon, garlic, spinach, ginger, pineapple, onion and turmeric.

**For more information,  
please contact:**

**Foothills  
Fitness/Wellness Programs**

**Office: 303-409-2114  
[www.foothills.org](http://www.foothills.org)**



**Foothills**  
Park & Recreation District

# Nutrition Therapy

at

**Foothills  
Park & Recreation  
District**



**Nutrition to Support  
Your Fitness  
& Your Health!**

# Nutrition Therapy that Works With Your Lifestyle

## BENEFITS OF NUTRITION THERAPY

- Feel Better, Stronger
- Have More Energy
- Identify & Manage Food Allergies
- Conquer Cravings
- Lose Weight Naturally
- Decrease Stress
- Improve Mood
- Support Hormone & other Metabolic Imbalances
- Think More Clearly
- Reduce Aches & Pains
- Decrease Digestive Discomfort

For more information,  
please call

303-409-2114

## FUNCTIONAL APPROACH

The nutrition therapy services that are available through Foothills Park & Recreation District take a functional approach combining clinical with holistic strategies. **Functional nutrition supports our body's natural ability to conquer imbalances, fight disease and optimize good health.** Whether you are fighting an illness or trying to lose weight, eating foods that support your body's natural ability to heal and sustain good health should be an integral part of your wellness program.



## NUTRITION SUPPLEMENTS

Professional,  
physician-grade supplements  
are available through this program.  
Call for more information.

## SERVICES & FEES

### NUTRITION THERAPY

Intake session:	90-min	\$125 (District Rate: \$118)
Follow-up session:	60-min	\$85 (District Rate: \$80)
Follow-up session:	30-min	\$45 (District Rate: \$42)
Phone coaching:	15-min	\$30 (District Rate: \$28)

### NUTRITION PACKAGES

**Starter Package (15% off) \$220 (District Rate: \$210)**

Intake session  
(3) 30-min follow up sessions

**Weight Loss Special (15% off) \$425 (District Rate: \$400)**

Intake session  
(5) 30-min follow up sessions  
(5) 15-min phone coaching

**Nutrition & Exercise Combo \$160 (District Rate: \$155)**

60 min Nutrition session  
(2) 60 min Personal Training sessions

### TESTING / LABS AVAILABLE

*(see Nutrition Therapist for fee schedule)*

- Metabolic Assessments
- Neurotransmitter / Brain Chemistry Assessments
- Functional Blood Chemistry Analysis
- Hormone Testing
- Food Allergy Testing
- Stool Testing



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