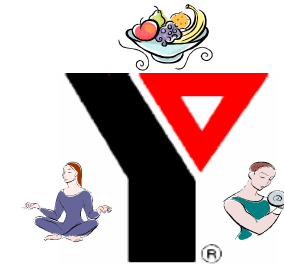




Continuing Education, Certification, Coaching



*Lifestyle Management  
Associates  
&  
YMCA*



Present  
Healthy Balance/Nutrition Manager  
Training Program

*June 8th through June 11th  
New Bedford, MA YMCA*

*www.lifestylemanagement.com  
800-617-4615*



## A Call to Action

Former Secretary of Health and Human Services, Tommy Thompson, indicates that "our health care system is not equipped to meet the skyrocketing costs associated with chronic diseases". If current policies and conditions hold true, by the year 2011, our nation will be spending over \$2.8 trillion on health care. As a nation, we cannot afford this escalating cost. Hence, the vision for prevention, says Thompson, "is to build a community-based public health infrastructure that embraces prevention as a priority.

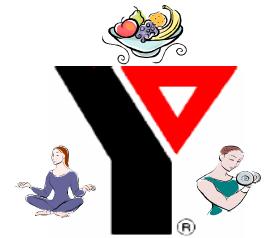
In January of 2003 the YMCA's of the USA began the Total Health Initiative to deal with the obesity epidemic. The YMCA is uniquely positioned to help lead a broad-community-based national movement to reduce obesity levels through healthy living. The initiative pursues two parallel strategies:

- a: working to increase YMCA's effectiveness in directly helping individuals and families live healthier lives;
- b: simultaneously working to strengthen YMCAs' capacity to help lead their communities to reduce barriers and increase supports for healthy living.

Achieving the Initiative's goals requires adopting the new "Breakthrough Series" methodology for developing, testing, and refining new operational and program strategies. This new methodology is widely regarded as one of the few proven methods for achieving substantial and sustained quality improvement within a large decentralized system like the YMCA. It involves intensive interaction with outside experts and rigorous quantitative evaluation of program and operational changes.

To meet this call to action the Greater Boston YMCA's and LMA joined forces to develop Healthy Balance. Healthy Balance incorporates the principles of the Breakthrough Series to combine a program that emphasizes nutrition, menu planning, exercise, and stress reduction.

**Not affiliated with a YMCA? That's OK - this program can be taught in any group or individual setting. The four day stream-line training is open to all fitness professionals.**



## Healthy Balance

Why incorporate Healthy Balance into your YMCA programming?

- Healthy Balance is an already successfully established program in many YMCAs.
- Healthy Balance is a lifestyle changing program that includes nutrition, exercise and stress management; a great addition to your current programming.
- Healthy Balance generates additional income. "We began the program January 24th and by mid-April we increased our income by almost \$10,000", says Charlie Clute of the Rye, NY YMCA.
- Healthy Balance allows a YMCA to safely and legally provide nutrition information to its members.
- No sure what Healthy Balance is?\* The YMCA of Greater Boston and Dr. Jane Pentz of Lifestyle Management Associates have joined forces to develop the "Healthy Balance" Program.
- Healthy Balance is an exciting new program that utilizes specially trained fitness professionals to instruct participants in nutrition and menu planning, exercise, and stress reduction techniques.

Have you been thinking about instituting Healthy Balance at your YMCA?

Great news! A streamlined Healthy Balance training program will be held at the New Bedford, MA, YMCA from June 8 through June 11.

\* For more details contact: Ann Glora, Hyde Park, MA YMCA  
AGlora@ymcaboston.org  
617-361-2300



## Healthy Balance/Nutrition Manager

Healthy Balance is an exciting new program that utilizes specially trained fitness professionals (Nutrition Manager Consultants) to instruct participants in nutrition and menu planning, exercise, and stress reduction techniques. All Healthy Balance Instructors require the following education/certification:

- Certified personal trainer. All nationally recognized personal training certifications are accepted.
- LMA is a CEC provider for: ACE, AFAA, NASM, NATABOC, ADA, NSCA, ACSM, and the YMCA.
- Certified Nutrition Specialist. A Certified Nutrition Specialist has attended the “Nutrition for Professionals Course”, or completed the equivalent home study course - “Incorporating Nutrition”; and passed the Nutrition Specialist exam.
- Attend Healthy Balance/Nutrition Manager training classes (audio/web conferencing or classroom training option). These classes (taught by Ann Glora, Hyde Park YMCA and Dr. Jane Pentz, LMA) maintain quality control through detailed instruction on how to utilize the Nutrition Manager software and teach the individual and group programs. Upon completion of these classes, instructors obtain licensing as Nutrition Manager Consultants.

## Streamlined Program

Responses from many YMCA’s include such comments as: “How do we get trained more quickly?”; and, “when can we start?” In response to this request, a four day streamlined training program will be held at the YMCA Southcoast in New Bedford, Massachusetts, from June 8th through June 11th.

## Does Healthy Balance Work?

YMCA of Greater Boston initiated a pilot program utilizing Nutrition Manager Consultants. Results revealed that all participants made healthy lifestyle changes; all participants indicated that they were provided with the tools necessary to continue to make healthy lifestyle changes; and all participants indicated that they would continue to make healthy lifestyle change. Three nonmembers become members of the facility after the program, along with two family members, for a total of five new memberships. Call for complete results or visit [www.lifestylemanagement.com](http://www.lifestylemanagement.com).

Charles Clute  
Rye YMCA, Rye, NY  
“I took Dr. Jane’s course and was excited to learn of the YMCA program utilizing Nutrition Manager Consultants. We began our program January 24 and by mid April we had increased our income by almost \$10,000”.

Eileen Kelly  
West Roxbury YMCA  
West Roxbury, MA  
“At least two new members join the YMCA each time I run the program”.

Sarah Nathans, Executive Director Hyde Park YMCA  
Hyde Park, MA  
“The Hyde Park YMCA just received a \$10,000 Kimberl-Clark Everyday Healthy Day Grant to implement Healthy Balance for a full year”.

Pam Giese  
Port Orange, FL YMCA  
Among the reported results in our first group are positive energy changes, craving reductions, more organized, productive home and business lives and a better understanding of how to grocery shop, prepare meals, and eat on a schedule that minimizes hunger and therefore allows for more thoughtful eating.

# Healthy Balance/Nutrition Manager Agenda

Thursday, June 8 - Nutrition for Professionals Day 1

**8 am - 5:30 pm - Program Objectives:**  
 1. In depth discussion of energy nutrient utilization during rest, exercise, fasting, illness, and stress (4 hours).  
 2. Discuss the 1994 Dietary Supplement and Health Education Act (DSHEA). (2 hours)  
 3. Discuss laws regarding marketing of supplements versus drugs. View several videos on supplements from varied sources. (3 hours).

Friday - June 9 - Nutrition for Professionals Day 2

**8 am - 5:30 pm - Program Objectives:**  
 1. Discuss the importance of body composition versus scale weight. Calculate body composition measures, total energy expenditure, and analyze food intakes through case studies. (4 hours).  
 2. Summarize data on the futility of diets, diet fads, etc. Be able to explain new labeling laws and analyze food labels. Discuss scope of practice and how to incorporate nutrition while adhering to all state licensure laws and American Dietetic Association guidelines. (3 hours).  
 3. Summarize the many influences that prevent individuals from being successful in health and weight management, discuss methods for incorporating motivational techniques. Discuss differing nutrient needs for special populations (aging, obesity, eating disorders, etc.) (2.0 hours).

Saturday - June 10 - Certification/Training

**8 am - 11 am - Nutrition Specialist Exam (Proxy by Ann Glora)**  
 1. Choose 4 out of 6 essay questions concerning pitfalls of dieting.  
 2. Complete a case study: determine total energy expenditure; percent-age of carbohydrate, fat, and protein; determine stage of readiness to change; provide advice on lifestyle changes.  
 3. Answer questions on a nutrition scope of practice for fitness professionals; discuss laws regarding supplements and role of fitness professionals.  
**1 pm - 2:30 pm - Healthy Balance/Nutrition Manager Training (Ann Glora)**  
 1. Incorporating a group - 8 session program utilizing the scripted training manual and participant handouts.  
 2. Individual program discussion.  
**3 pm - 4:30 pm - Essentials of Coaching (Sara Hauber)**  
 1. Introduction to Coaching  
 2. Choosing and Working with Clients  
**7 pm - 9 pm - Social/Informal Discussion Groups**

Sunday - June 11 - Software/Business Training

**8 am - 9:30 am - Nutrition Manager Software Training (Computer Lab, Wareham)**  
 1. Nutrition Manager Pro Series software training.  
 2. Nutrition Manager program details and Licensing Agreement.  
**10 am - 11:30 am - Business of Nutrition (Greg Salgueiro)**  
 1. "The Business of Nutrition" provides the entrepreneurial skills necessary to earn income through incorporating nutrition. This course is a must for programs wishing to increase income through incorporating nutrition services into a wellness program.  
**1 pm - 3 pm - Future Visions (Dr. Jane Pentz)**

# Healthy Balance/Nutrition Manager Streamline Training June 8 through June 11, 2006



Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Tel.# Work \_\_\_\_\_ Tel. # Home \_\_\_\_\_  
 Email \_\_\_\_\_

The 18 hour Nutrition for Professionals course has been approved for the following CEC's: ACE 1.8, AFAA 18, YMCA18, NASM 1.8, ACSM 1.8, ADA 18, NATA 17, NSCA 1.8. Please list the organization for which you are requesting CEC's below. If no organization is listed, you will receive a letter of attendance.  
**CEC's 1st Org. name** \_\_\_\_\_ **Cert.#** \_\_\_\_\_  
**CEC's 2nd Org. name** \_\_\_\_\_ **Cert.#** \_\_\_\_\_

Cost:	YMCA Members	Non-members
Nutrition for Professionals 2 day course:	\$279	\$299
Materials (manual and books)	\$52.50 (includes tax)	\$63 (includes tax)
Nutrition Specialist Certification Exam	\$75	\$100
Healthy Balance/Nutrition Manager Training	\$100	\$150
Shipping and Handling	\$5.95	\$5.95
<b>Total</b>	<b>\$512.45</b>	<b>\$617.95</b>
Nutrition Manager Licensing Fee (one year agreement)**	\$49/month	\$49/month

\*\* Nutrition Manager Agreement must be signed before instituting Healthy Balance. Agreements will be available upon successful completion of the Nutrition Specialist Certification exam.

**Charge My Credit Card \$** \_\_\_\_\_  
**MasterCard** \_\_\_\_\_ **Visa** \_\_\_\_\_ **Discover** \_\_\_\_\_

**Credit Card Number** \_\_\_\_\_  
**Expiration Date** \_\_\_\_\_  
**Name (as it appears on the card)** \_\_\_\_\_  
**Billing Address** \_\_\_\_\_  
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**Telephone** \_\_\_\_\_  
**Signature** \_\_\_\_\_

Refund Policy: Space is limited. Preregistration is required. A refund will be given for cancellations with 30 days notice prior to the beginning date; however, a charge of \$50 will be applied for handling/shipping costs. Additional charge will be applied for materials not returned. All returned items must be in saleable condition. All other cancellations will be credited toward future workshops. A \$50 charge will be applied for changing/switching course dates. A 24 hour notice is required for any credit.  
 Contact: For further details contact LMA at 800-617-4615.