

The “Non-Diet” Lifestyle Approach

We focus on helping employees build sustainable habits that support overall health, managing/preventing chronic conditions such as Diabetes,, high blood pressure, and weight management.



Why Choose Us

We are a team of Registered Dietitians who offer virtual & on-site corporate wellness programs - tailored to the needs of each individual company. Our goal is to make improving employee health as **EASY & COST-EFFECTIVE** as possible.

- + Many health insurance plans **100% cover the cost** of our nutrition coaching program
- + We are happy to attend any company wellness/benefit fairs at no additional cost



Evaluate &
Discover



Plan &
Promote



Launch &
Maintain

“

Employee wellness supports work performance while combatting rising healthcare costs.

Our Process:

1

Evaluate & Discover

Your company's needs, goals, and values are discussed. A wellness program/service is designed to align with them.

2

Plan & Promote

Initiatives/workshops are mapped out. Promotion methods are customized to the company & may include an info webinar, attending wellness/benefit events, email marketing, etc.

We take care of all marketing content & submit for approval.

3

Launch & Maintain

Services/workshops are implemented, as scheduled, Support is maintained which may include scheduling nutrition sessions, being the "go-to" for any questions about the company's wellness initiatives, and continuously providing content for on-going promotion to encourage engagement.

Outcome

Employees feel cared for & enjoy being supported with their individual wellness journey. **The company benefits from a long-term ROI due to having healthier & happier employees.**

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Healthy & Happy Employees = a Healthy & Happy Company

Meet Our Team



Rachel Meyer
MS, RD, LDN
Founder/CEO



Art Fogelson
MSW, RD, LDN



Melissa Wądołowski
RD, LDN, CDCES,
IFNCP



Chelsea Saltzman
RD, LDN



Alyssa Jacullo
MS, RD, LDN



Carly Walker
MS, RD, LDN



Jhastine Umali
Practice Assistant

NUTRITION COACHING

Turn this valuable insurance benefit
into an employee wellness initiative



BOOST MORALE

Happier employees lead to a **healthier workplace**. Keep spirits high with **meaningful support**.



INCREASE PRODUCTIVITY

When employees feel supported, they **bring their best selves** to work every day.



SAVE MONEY

Experience **lower turnover**, **fewer sick days**, and **reduced healthcare costs**.



HEALTH PLANS WE ACCEPT:



HOW WE WORK

1:1 Coaching

We combine the science of nutrition with the art of coaching to empower employees to make their health a priority & practice healthy lifestyle behaviors that support their goals.

CUSTOMIZATION

An individualized approach that honors the unique needs & lifestyle of each employee.

APPLICATION

Employees are set up to build momentum without getting overwhelmed. Specific tools, skills, and strategies are established & implemented.

FLEXIBILITY

We focus on more of an ADD-IN approach instead of subtraction. Employees are never told what they “can’t eat” or given a rigid set of rules. They learn how to fuel & nourish their body in a way that supports goals while including foods they enjoy. Flexibility is key for getting results that are sustainable.

ACCOUNTABILITY & LONG TERM SUPPORT

Nutrition coaching offers accountability which can greatly help with taking actionable steps. An on-going check-in process provides the opportunity to discuss solutions to various challenges/situations that take place throughout life, in a way that supports individual goals.



NUTRITON INCENTIVE PROGRAM

We are happy to offer our corporate partners an incentive for employees who participate in nutrition coaching. A \$50 E-gift card is provided to employees each time they complete 3 nutrition coaching sessions.

Pro Lifestyle
Nutrition

Feel Well. Live Happy.

VIRTUAL

ONSITE

SMOOTHIE STATION

A FUN, INTERACTIVE,
AND EDUCATIONAL
DEMONSTRATION

What's included:

- 1-2 smoothie recipes are prepared & samples are provided.
- A smoothie making guide with recipe(s).
- Ingredient explanations and education on components of a well-balanced smoothie. Presented by a licensed & Registered Dietitian.
- Q & A

Smoothie preparation may take place in a kitchen or be included as a "station" at a wellness fair. One 3-pronged outlet is needed.

Pricing:

\$450 per hour smoothie demonstration

We are proud to be an approved wellness vendor with Independence Blue Cross & to accept wellness credits.

Please contact us to set up a time to discuss your company's needs and to learn more:



215.264.2574



info@prolifestylenutrition.com





Advanced Body Composition Assessments

Data provided allows for the tracking of individual progress and health risk.

Benefits:

- Health screening tool
- May be completed during nutrition consultations or as a single service
- Compliments already existing health initiatives
- Provides a **quick** and **reliable** way to measure body composition
- Uses bio-electrical impedance, an advanced type of technology that measures the resistance of body tissues through the flow of a harmless electrical signal
- A results sheet is immediately printed out after the test & explained to each individual

Measures and reports:

- The amount of water, fat, and muscle in the body
- How individual body composition compares to healthy expected ranges
- Metabolic rate



ONE-TIME WORKSHOPS

Nutrition Topics

- Calm the Cravings
- Fueling for Fitness
- Fad Diets Unwrapped
- Gluten - What it's All About
- Healthy Eating for the Busy Professional
- Healthy Eating On-The-Go
- Healthy Holidays
- Heart Health 101
- Hormone Balance Basics
- Learn the Nutrition Label

Price: \$500/60 minute nutrition workshop

- Managing Emotional Eating
- Meal Planning Made Easy
- Mindful Eating 101
- Nutrition 101
- Nutrition Myths - Busted
- Smoothie Station
- Smart Snacking
- Sugar, Simplified
- Understanding & Combating Inflammation
- Weight Management 101

Additional Topics

- Building Resilience at Work: Effective Strategies for Managing Stress
- Eat Smart for a Healthy Brain
- Financial Self-care
- How to Downsize Without Losing Your Sanity

Price: \$750/60 minute nutrition workshop

- How to Conquer Clutter Using Your Learning Style
- I'm a financial caregiver. Where do I begin?
- Introduction to Mindfulness Workshop
- Money Smarts: Real-World Financial Tips for Retirement
- Understanding Your Benefits & Maximizing Your Paycheck

WELLNESS SERIES

6 Session Series

Price: \$3000

12 Session Series

Price: \$6000

Choose between any of our
"Nutrition" and "Additional topics"

Stress Management Series

Price: \$4500

- Workshop 1: Mission Statement/Company Goals/Introduction
- Workshop 2: Communication
- Workshop 3: Burnout
- Workshop 4: Work-Life Balance
- Workshop 5: Team Building
- Workshop 6: Mindfulness Habits

All options include:

- Complimentary health/benefits fair attendance
- Optional individual nutrition coaching (6 sessions 100% covered under IBX Personal Choice & Keystone Health Plan East insurance, and Independence Administrators plans)