INDIVIDUAL CONSULTATIONS

NUTRITION

Meet with a Registered Dietitian (R.D.) to explore your eating and lifestyle habits. Whether you would like to learn to manage a health condition, reach your healthy weight, or simply eat more nutritious foods, an RD is the expert in this field. Together an RD will design a plan with you to meet your individual goals. With ALL of your favorite foods, learn when and what to eat for a healthy body!

Students: $15 for initial visit, $10 follow-up sessions
UM Faculty and Staff: $25 for initial visit and $15 for each follow-up session

FITNESS

Meet with a Fitness Professional to explore your current level of physical activity and exercise preferences. You will receive recommendations for designing a fitness plan that will provide time-saving and effective solutions to your fitness challenges. You can opt for a structured plan or one that simply adds more physical activity to your daily routine. Develop strategies for overcoming your barriers to establishing rewarding exercise habits, and formulate a plan that works with your lifestyle to improve your fitness and bring lasting changes.

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UM Faculty and Staff: $25 for initial visit and $15 for each follow-up session

WELLNESS COACHING

Get stressed out easily but cannot figure out why? Do you always lack the time to finish everything you need to? Manage your stress, time, and sleep with a one on one session with a wellness coach. The Wellness Coach will help you discover the root of the problem, provide you with general tips, and serve as a reference for further resources.

FREE 60 minute sessions for all students, faculty, and staff on UM campus

The Wellness Resource Center. Your Campus Prevention Office. wellness.missouri.edu
MAKE YOUR DIET WORK FOR YOU!
The “How-To’s” of Meal Planning

**When**

Your body needs to eat about every 4-6 hours while you are awake: breakfast, lunch, dinner, and snacks as needed. To help avoid overeating, distribute meals and snacks evenly throughout the day.

**What**

Try to plan a combination of all three macronutrients at each meal: carbohydrates (whole grains, fruits, veggies), proteins (animal or plant-based), and a small amount of fats—preferably unsaturated, plant-based (nuts, seeds, oils).

**Why**

Eating regularly throughout the day will help you burn energy more efficiently. Skipping meals, or very low calorie meals, will send your body into starvation mode and slow down, making it very easy to gain weight.

**How**

Strive for variety, balance, and moderation in your food intake. Look for fruits and veggies with more color for more nutrients. Opt for whole grains for better fiber and nutrient content. Fats found in plant-based foods and fish are healthier than animal-based fats. But most importantly, don’t deprive yourself...eat what feels good to your body and mind!
The Key to Portion Control:

Eat when you are hungry,
Stop when you are satisfied (not full)!

Hunger & Satisfaction Scale

1. Starved
2. Very hungry
3. Physically hungry … EAT
4. Comfortable
5. Satisfied … STOP
6. Starting to feel full
7. Very full
8. Stuffed

How often do you eat these Superfoods?

Beans, Berries, Broccoli, Nuts, Oats, Oranges, Pumpkin, Salmon, Soy, Spinach,
Tea- Green or Black, Tomatoes, Yogurt

The key to good nutrition is COLOR!

The more color, the higher the nutrient value. Eat a “rainbow” of whole foods as often as possible:
dark reds, deep oranges and yellows, bright greens, blues and purples.
Weighing in on Dieting

A diet will promise...
Quick and easy weight loss
No need to make a lifestyle change
Success of pills, cleansing drinks, and a seller’s own food & products

But the truth is, a diet will...
Restrict calories, foods, food-groups, and major nutrients
Lead to deprivation and food cravings
Limit meal and snack choices
Cause you to mistrust yourself around food
Lower your metabolism, possibly leading to larger weight fluctuations