

## Nutritional Counseling

### Initial Assessment: \$115

1 ½ hour extensive assessment with personalized goals, and meal planning. Also included counseling prep, post counseling record keeping summary and frequent on going communication via e-mail and phone.

### Follow up\*

Rates per individual	M	R	NR
30-45 minutes/session	\$50	\$55	\$60

### Nutritional Counseling Follow up Package

Purchase 5 sessions and receive the 6th session for free. Package must be paid in full.

	M	R	NR
Individual	\$250	\$275	\$300

\*Please note, an initial assessment must be completed before purchasing individual sessions or a package of sessions.

# T Tips D from your Dietitian



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## "What Does It Mean To Be Healthy?"

Being healthy does not simply mean being skinny, being healthy comes in all shapes and sizes. Being healthy means eating in a balanced healthy manner along with exercising. Being healthy means feeling good and having energy for everything your life demands of you. Being healthy means being emotionally and spiritually stable. Being healthy means leading a balanced life!

To be successful with any life change, you need to start slow. Making small positive changes in your eating habits will add up over time and you will be able to maintain these changes because you have focused on incorporating them into your daily life. For example, if you are not eating the recommended 1 ½- 2 cups of fruit per day for an adult, then this is a good place to start. Add one piece of whole fruit to your eating routine each day (or one cup of cut up fruit). Do this for one week.

If needed, add another piece of whole fruit (or one cup cut up) to your eating routine for the second week. Then you will be consuming two cups of fruit per day. Making slow changes can really have a big impact on your health!

Also remember to forgive yourself when you slip up and don't eat that piece of fruit once a day; just refocus for the next day. No one is perfect, we all make mistakes and we need to learn how to accept that, refocus on the positive and continue making changes in life. It's the distraction of the mistake that makes it difficult to get yourself back on track with your healthy life changes. Eating in a healthy manner and exercising will give you the energy you need to tackle whatever life throws at you, so when you make a mistake just refocus yourself by looking forward, not back!

If it is your desire to journey toward a balanced healthy life, I can help guide and develop your understanding of what eating in a healthy manner is and how to incorporate this into your daily life.



To schedule your initial assessment or for further information, please contact:

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