

Nutritional Coaching



Eating is one of life's greatest pleasures. It's also an area in life where we can get into trouble if we aren't careful. Working with a nutritional counsellor can help you sort through the conflicting information that's out there and develop a dietary plan that works for you.

Eat right and feel great!

- **Struggling with your weight?** Losing weight and keeping it off may mean changing what you eat. Our registered dietitians provide up-to-date, evidence-informed nutrition information to help maintain a consistent approach to weight loss.
- **Need to eat a more heart-healthy diet?** We work with you to develop a personalized food plan.
- **Want to boost your energy levels?** Making simple changes to your diet can increase your energy and help you feel better. We can help you develop a nutrition plan that can be easily integrated into your lifestyle.
- **Have special dietary needs?** Sometimes we need to develop specialized diets to avoid problems (e.g. high cholesterol, Type 2 diabetes, lactose and food intolerance, irritable bowel). Working with a dietitian makes planning the right diet easier.

One call is all it takes to get started.

Life Smart Coaching empowers you with information and support to ensure nutritional plans are easily integrated into your lifestyle. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for a Registered Dietitian to conduct an assessment of your dietary needs and provide nutritional information, and offer 'how to' advice and coaching, all by phone.
3. A registered dietitian will provide initial one-on-one coaching and consultation.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be offered face-to-face, over the phone, through video, or online.



Life Smart Coaching can help you eat healthy, lose weight, and build your energy and disease resistance.

Contact your EFAP 24/7 at 1-800-663-1142

TTY: 1-888-384-1152 | Numéro sans frais - en français : 1-866-398-9505

International (Call collect): 604-689-1717