

Timberhill Athletic Club Health Education Programs

Diet - Nutrition

- What do I eat? What is a balanced meal in today's society?
- Preventing and managing type 2 diabetes when eating in a busy world
- The role of Nutritional supplements combined with an American diet composition. Is this a good "marriage"?
- A life without Diets. The secret strategies successful populations have used to managing weight, and "living in peace" with food.
- "Why eat well? For people NOT interested in changing their eating habits for health or weight management. (Part of the "Change management" education sessions to enhance motivation and desire)

All sessions are offered in 45 min – 1 hour training blocks

All sessions are free to employees and family members (based on benefits Guidelines of sponsoring company, organization)