

FAQs

Why work with a Registered Dietitian or Nutrition Coach?

You will receive on-going support, personalized information, amazing recipes, motivation, sample grocery lists, meal planning assistance, advice on avoiding fad diets, objective feedback and tools to avoid lifestyle diseases.

There is so much conflicting information out there, who can I trust?

We make it our business to stay up to date on nutrition health news, trends, and the latest research, making it less complicated for you.

What are the benefits of regular meetings with our RDN & Nutritional Coach?

Accountability. We will provide on-going motivation and support as you attempt to make permanent and lifestyle-appropriate dietary changes.

What if I'm worried about giving up the foods I love to eat?

Making healthy choices doesn't mean eliminating everything. Our staff can help you make it healthy, while tasting great, with the added benefit of helping you feel your very best.

What are the long-term benefits of working with an RDN or Nutritional Coach?

An RDN or Nutrition Coach can help you manage common conditions like diabetes, high cholesterol, and high blood pressure. In addition, food and nutrition are strongly related to autoimmune conditions, infertility, problems with sleep, and anxiety - all of which a RDN & nutritional coach can help you address with the right food and nutrients.

What our nutrition specialists can do for you:

- Provide individualized nutrition plans and personalized recommendations
- Provide nutrition education and counseling for disease management
- Provide advice on weight loss, diets, meal planning, and grocery shopping
- Provide accountability, support and additional resources for better success



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL NUTRITION & HEALTHY LIVING



If you are looking for guidance on implementing healthier eating habits, working with a Dietitian or Nutrition Coach could be just what you need to reach your health and wellness goals.

Our specialists are educated and trained to provide personalized nutrition plans that support your goals and objectives.

Manage conditions like:

- weight
- diabetes
- high cholesterol
- high blood pressure



Westport Weston Family YMCA
14 Allen Raymond Lane
Westport, CT 06880
203-226-8981



Sara O'Brien, RDN, CDN has a passion for nutrition education and helping people achieve their health goals! She is Serve Safe Certified, a member of the Academy of Nutrition and Dietetics, and holds a certificate in Pediatric and Adolescent Weight Management through the Academy of Nutrition and Dietetics and here to help you eat healthier.

SARA IS PASSIONATE ABOUT HELPING PEOPLE ACHIEVE THEIR HEALTH GOALS.



Judy Samuels, Precision Nutrition Certified Coach, NASM Certified Personal Trainer, will give you science based Nutritional Coaching and tips to help you make positive lifestyle changes. Judy believes Personal Training can be enhanced with better nutritional choices. It's all about balance, consistency, and what your goals are! Judy will teach you not just about weight loss but how to include and feel better about eating the food and beverages you love.

SWEAT AND SMILE! EXERCISE AND EAT RIGHT TO FEEL YOUR BEST.

LET'S GET STARTED! **INTRO TO NUTRITION**

Meet with Sara or Judy for a **one-hour session plus two thirty-minute follow-up sessions**, to discuss your personalized nutritional goals. Sessions allow for you to work together in forming an action plan to improve your eating habits through an appropriate and maintainable approach that can fit your lifestyle.

Members: \$199

WANT TO ADD EXERCISE? **INTRO TO NUTRITION WITH** **INTRO TO PERSONAL TRAINING**

It's a Win-Win when including Personal Training with your nutritional goals. Meet with Sara or Judy for a **one-hour session plus two thirty-minute follow-up sessions**, to discuss your personalized nutritional goals. Include training with Judy or one of our Personal Trainers for **three 60-minute sessions or four 30-minute sessions**.

Members: \$349

Want to work with Sara or Judy?
Please contact Shelly Goldman
sgoldman@westporty.org
203-571-6035