

Protect your greatest asset,

Your employees' health

True health starts and ends with REAL food.



Nutritional
Weight & Wellness

It All Starts With Nutrition

...you can't exercise your way out of a bad diet

With fresh thinking and aha moments galore, Nutritional Weight & Wellness helps employees make the connection between what they eat and how they feel.

Through approachable and practical takeaways, we can support your employees to manage their moods, energy, stress, digestion, focus, aches and pains and even their ability to sleep through the night. You name it, there's a food connection.

Food Matters

The food choices your employees make set them up for a productive day or for a day of distraction and frustration paired with health problems ranging from anxiety to cardiovascular disease.

Are any of these health issues affecting your employees?

**Stress
Anxiety**



**Pain: achy knees,
migraines, back pain...**



**Insomnia
Sleep-Deprivation**



**Diabetes
Pre-diabetes**



**Heart
Disease**



**Overweight
Obesity**



Let us help. Our nutritionists expertly demonstrate how everyday food choices affect everyday health—and why eating real food in balance is the solution.



Who We Are

Backed by research, behavior science and over 20 years of clinical experience, we've helped thousands of clients achieve better health by changing what they put on their plates.

- Licensed nutritionists and dietitians
- Leaders in therapeutic nutrition
- Producers of *Dishing Up Nutrition* podcast, broadcasting for 11 years with a worldwide audience of over 2 million subscribers

Our Services

Choose what you need, when you need it. Think of us as a healthy à la carte menu. Start with one class or take advantage of the series discount; we're flexible and budget-friendly.

On-site nutritional counseling

Confidential, one-on-one nutrition counseling with a licensed nutritionist. Employees receive personalized eating plans based on their health history, lifestyle and goals.

Nutrition classes and webinars

For groups of 6 to 300+ we have dozens of class topics that resonate personally with employees and fit within a lunch hour or any convenient time of the day. A sample of class topics includes: Foods for Great Energy, Stress-Busting Foods, The New Science of Diabetes Prevention, Eating Fast without Fast Food and much more. Online classes are also available 24/7.

On-site weight loss program

Nutrition 4 Weight Loss is a 12-week, group program based on the new science of weight loss. We teach employees how eating real food can reduce cravings, rev metabolism and inspire lasting behavior changes. The affordable program is typically employee paid with classes meeting over the lunch hour for 10-25 employees.

"We've always been very impressed with [Nutritional Weight & Wellness] seminar content, knowledgeable speakers and responsiveness and flexibility when scheduling our onsite wellness events. We give them 5 stars!"

—Denise Hrcir | Dakota Electric Association

See what our clients are saying...

“ Nutritional Weight & Wellness has been providing counseling services to the Metropolitan Airports Commission since 2008. **The advice I received from NWW literally changed my life!** I am sleeping better, am no longer tired at the end of my work day and have absolutely NO cravings.”

– Lynn Sorensen | Metropolitan Airports Commission

“ This summer, Beehive launched our Summer of Healthy Eating initiative to help our team ingrain healthy eating practices into their daily lives. In addition to an office CSA membership, free healthy snacks and recipe sharing, we brought in Brenna Thompson to educate our team on what food to eat to support energy – and which foods/beverages to avoid. This information was eye-opening but Brenna’s **suggestions were simple and practical.**”

– Rebecca Martin | Beehive PR

“ UCare employees have been receiving services from Nutritional Weight & Wellness staff since 2014. The program has rapidly grown thanks to the many successes experienced by program participants. Testimonials from clients include **improved knowledge of overall nutrition, increased energy, improved sleep, weight loss, and decreased lower back pain.** In addition, employees greatly appreciate the 1:1 appointment style and customization offered by Nutritional Weight & Wellness.”

– Vanessa MacCallum | UCare

“ My experience with Nutritional Weight & Wellness has been so positive. I have learned to eat correctly and enjoy it. **I have lost 20 pounds and have kept it off for 8 months. My cholesterol is down over 50 points.** I can’t say enough good about working with these wonderful and helpful people.”

– Cheryl | UCare employee

Ready to bring life-changing nutrition to your employees?

Contact Nancy Palm at 651-484-8952 or nancy@weightandwellness.com.



**Nutritional
Weight & Wellness**

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