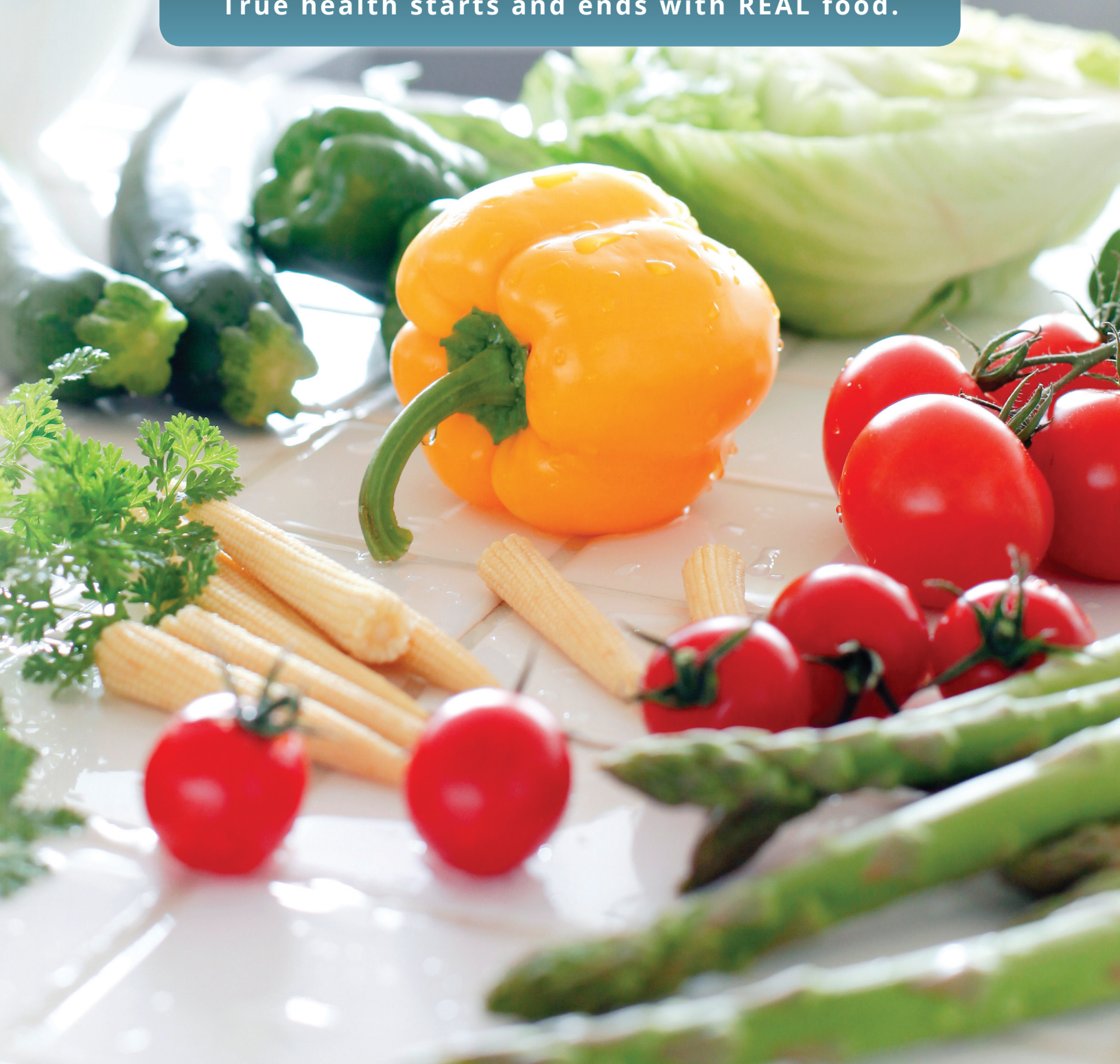


Protect your greatest asset,

Your employees' health

True health starts and ends with REAL food.



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 or Anxiety



Pain (Achy Knees, Migraines, Back Pain...)



Insomnia or Sleep Deprivation



Diabetes or Pre-Diabetes



Heart Disease



Excess Weight or Obesity



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

—Denise Hrnir | Dakota Electric Association



Who We Are

Backed by research, behavior science and over 25 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 the Dishing Up Nutrition radio show/ podcast, broadcasting for 14 years with a worldwide audience!

Our Services

Choose what you need, when you need it, where you need it (on-site at your location or online). Think of us as a healthy a la carte menu to support your employees and your wellness program.

On-Site Nutritional Counseling

Confidential, one-on-one sessions with a licensed nutritionist or dietitian are offered in person and by phone or Skype. Employees receive personalized eating plans based on their health history, lifestyle and goals. This service is especially helpful for employees with new or chronic health conditions. Our consultation packages can be done for as few as six employees to hundreds.

Nutrition Classes & Webinars

Our classes are perfect for a lunch and learn or any convenient time of the day. Your Energy Solution: Real Food; Stress, Food and You; Getting a Good Night's Sleep, Preventing Heart Disease and The Magic of Minerals are some of the most popular classes. Online classes are also available 24/7. Start with one class or take advantage of a series discount for three or more classes.

12-Week Group Programs

Nutrition 4 Weight Loss

This series teaches employees how eating real food can reduce cravings, rev metabolism and inspire behavior changes. Nutrition 4 Weight Loss is typically offered over the lunch hour for 10-25 employees and can be paid for by employers or employees. It's also available as an online program.

Weight & Wellness

This series is our signature, in-depth class on how nutrition affects blood sugar, digestion, moods, memory, metabolism, cardiovascular health, inflammation, and more. Employees will learn nutrition and lifestyle habits for a lifetime of better health and well-being.

What our clients are saying...

“ ONLY glowing reports from Lea’s presentation today! She is really good – **knows her stuff** and is able to get back on track when asked questions in the middle of her presentation. She **arrived early, was prepared**, and commented to the group on how nice it was to see some familiar, as well as new, faces. Our staff genuinely likes and enjoys her.

– Doris Swanson | City of Richfield

“ 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

“ The advice I received from Nutritional Weight & Wellness 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 | MAC employee

“ Teresa Wagner spoke to our group of seniors about forming healthy habits and everyone was very impressed with her **knowledge and passion for helping others to a healthier life**! Teresa catered her presentation to meet the needs of our group and made a topic that some may find confusing and overwhelming easy to understand. Teresa was a very engaging presenter and was wonderful to work with—she showed up early, kept her presentation within our time limits and even kept time for questions at the end.

– Gabrielle Martinson | Mall of America

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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