

The Fuel Nutrition Program

The Fuel Nutrition Program is an evidenced based nutrition program that offers a new way to think about your food choices and eating habits.

Program Objectives

To enhance your health, help you feel better, improve yourself image, stop the diet dance of eating too much or too little, avoid eating the wrong foods and fad dieting.

Communication

Nutrition and fasting blood work (FBW) appointments will be booked with the Nutrition Coach.

You will have the opportunity to join our private Facebook page for posting and sharing questions, nutrition articles, recipes and personal victories.

Suggested requirements for the course include that you have an e-mail address, can participate on Facebook and view the lessons on the THFHT website.

Measurements and Assessments

We will book fasting blood work and body measurements at the beginning of the program as well as ever 3-6 months as needed. We will track your

“hard data”: body measurements, weight, blood pressure and blood work

“soft data”: mood, energy levels, sleep and Gastro-intestinal activity.

Lessons

Lessons will be posted on our THFHT website Nutrition Program Page.

Once registered you will receive a password to access this page.

You will be expected to view the lessons before your first appointment. You can view them at your own pace, during a time that is convenient for you. You can view them as many times as you like, and share them with those who help you with the shopping and cooking.

Recourses

There will be additional resources on our FB page such as relevant topics, videos and links to external websites.

This program is based on making good habitual changes that you will enjoy and maintain moving forward.

Are you ready to commit?

- Are you willing and able to read the lessons complete the assignments and attend the appointments?
- Are you ready to make positive lifestyle and dietary change to enhance your life?

If the answer is yes please discuss this with your Doctor or NP to be enrolled in our Fuel Nutrition program.