



Joanna K Chodorowska, BA, NC
106 Pimlico Way ~North Wales, PA 19454-4500
215-272-6774
8weeknutrition@verizon.net
www.nutrition-in-motion.net

Introducing Joanna K Chodorowska, BA, NC
personal nutrition and swim coach



Joanna K Chodorowska is a nutrition consultant and triathlete who coaches clients to improve their health through diet and lifestyle modifications. Helping clients become more aware of how foods interact with their own bodies, Joanna has guided clients to regain energy levels, overcome extreme fatigue (chronic fatigue/adrenal exhaustion), eliminate pain, alleviate PMS symptoms, lower weight, and lower risk for diabetes and heart disease using real foods. If supplements are indicated, she can advise clients on choosing supplements and their proper use. She works with each client individually to create a personalized plan to meet their needs. There is no "one size fits all plan" as each person is unique, so their plans should also be unique.

Knowing how to eat for your particular activity level and physical build are key components to nutrition and overall health. Learn the *why* behind the food choices not just the *what*. Learn to explore which foods you include or avoid in your daily diet based on how you feel. Experiment with food and learn to enjoy eating again.

You have goals, I help you reach them. I help you get healthy by changing your eating habits, one meal at a time.

To learn more about our truly personalized nutrition programs, please call Joanna at 215-272-6774 or email her at 8weeknutrition@verizon.net. Phone and email coaching sessions are available in addition to in person (local Philadelphia area only for in person sessions) Credit cards accepted.



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What makes Joanna different than other nutritionists?

Joanna is a competitive athlete and is competitive in everything she does. In 1999, Joanna had developed adrenal exhaustion as a result of too much stress (physical, mental, chemical and emotional) due to this drive to succeed. Chronic fatigue was not something for which she had prepared herself - she had just completed her first Ironman USA competition and now could hardly get out of bed, let alone run. With a change in nutrition, lifestyle and how she dealt with stresses, along with the help of her alternative physician, she was able to repair years of damage to her health caused by stress. She realized that the body is an amazing thing - it can heal from any malaise; you just have to know how to let it heal. This catapulted Joanna into the field of nutrition where she now helps others become more healthy through changing their eating habits. She not only addressed the physical food aspects, but also tries to look at the body as a whole including the mental, emotional and chemical stresses one may be experiencing. She also understands the needs of athletes as she is one herself.

If you need someone to really help understand how to help you help yourself get healthy, call Joanna at 215-272-6774. You will not regret it!

Personal approach – everyone is different - no 'one-size-fits-all' plan

- o Work with athletes and non-athletes alike
- o Totally customized programs – weight loss, cholesterol issues, lower risk for diabetes, adrenal exhaustion/ extreme fatigue, and more
- o Improve health thru use of real food choices along with appropriate supplements if needed

Reputable Supplements

- o Metagenics = Medical Foods – from basic multi-vitamin to specific conditions and needs
- o E-caps/ Hammer Nutrition – foods, drinks and gels for athletes
- o Clif Bar – food bars for snacks or training/ exercise

Clients can be located anywhere

- o Local or out of state – by email, phone or in person
- o Can meet in your home, coffee shop, restaurant
- o Can talk on the phone and via email (all major credit cards accepted)

Gradual approach for permanent lifestyle changes, not a temporary 'DIET' approach

- o Learn why to make food changes and choices, not just what to do
- o Incorporate real foods into your schedule - recipes provided
- o Adjust foods and choices to meet your schedule and commitment

Conditions with which Joanna has successfully helped her clients:

- allergies: food and seasonal
- stress relief
- chronic fatigue/ adrenal exhaustion
- cholesterol issues
- managing diabetes and blood sugar levels
- IBS issues
- PMS related issues
- weight management: weight loss or gain
- sports nutrition
- chronic sinus issues
- digestive disturbances
- headaches
- detoxification