



### Joanna K. Chodorowska, BA, NC

I am a nutritionist, FLT® Therapeutic Lifestyle Educator and a swim coach who works with individuals wanting to get started on a nutrition, swim, or triathlon program. I specialize in customizing nutrition programs for each person's individual needs and lifestyle rather than using a 'one-size-fits-all' approach. Better nutrition is the foundation for good health.

#### Healthy Nutrition for Everyday Living

I focus on the person as a whole, not just as a function of his/her food intake. It's about helping you get healthy, and helping you stay healthy, no matter what it takes. Changing your food habits is only a part of that equation. I will give you the tools to help you with your nutrition plan, and show you how to use these tools. What good is a tool box full of things you have no idea how to use? I will help you to do it yourself. As a nutrition coach, and therapeutic lifestyle educator, will help you reach your goals and create a healthier you.

Tools include:

- Recipes
- Meal plans
- Healthy Meal and snack ideas
- Check-ins
- Food selection and more



### What Clients Are Saying:

"... I am 7 lbs. lighter than last summer and my cholesterol is down from 206 to 180!! I do give all credit to your nutritional course ... but the real testimony is in taking what I learned from the course and having it impact my life so that it has become a part of who I am. "

- Mary Theresa F.

"I never thought I could get my energy back so quickly just with a change in food choices! Thank you for giving me back my life with the right nutrition plan."

- Nancy

"I feel as though I have reached healthy-eating zen. I don't even want junk anymore ... and I love knowing when my body's hungry, or when it is tired, and why. I no longer feel hungry after every meal ... I feel so much better ... you're the greatest. I can't thank you enough."

- Dana S.

"I love the way she breaks it down into the foods I can eat, not just the list I cannot. The choices she gives are great."

- Pat B.



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Personal Nutrition Coaching  
and Triathlon Coaching Services  
*A Whole Body Approach*

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**Healthy Nutrition for Everyday Living**



Healthy eating and living is about finding balance without losing the fun and adventure. It's an experiment with food and your mood: how you feel based on what you eat, how you sleep (or don't), how you deal with stress, etc. As a nutrition coach and therapeutic lifestyle educator, I will help you incorporate one healthy habit at a time for a permanent lifestyle modification rather than a temporary fix.

### Healthy Nutrition for Everyday Living

Nutrition is the key to feeling good and having a high quality life full of energy and activity. If your nutrition is not properly tailored to your needs, you may develop deficiencies, diseases, feel sick, or be chronically tired. I have helped clients resolve various health issues including:

- Adrenal exhaustion
- Fatigue
- Sleep issues
- PMS issues
- Migraines, headaches
- Weight loss, obesity
- Sinus issues
- Skin conditions
- Celiac disease
- Allergies
- Acid reflux
- Stress relief
- Pain (including arthritis and fibromyalgia)
- IBS issues
- Diabetes, Insulin resistance
- Cholesterol

It's not just about food in and food out, but what else affects your daily intake. I will help you get healthy by changing your eating habits ... one meal at a time. I will help you reach your goals - and feel better than you ever have!

### Coaching Services Offered:

#### I-On-1 Personal Nutrition Coaching:

Customize your nutrition plan to address your specific needs. Utilizing the firstline therapy guidelines and BIA to determine caloric needs to implement a proper nutrition plan.

#### Menu Planning:

Give me your schedule and I'll create a daily meal plan for an entire week.

#### Learn 2 Cook Series:

Don't know how to chop an onion or cook a meal? This bi-weekly series will teach you how to make great meals quickly. No experience needed.

#### 8-Week Nutrition Boot Camp:

This is a comprehensive course in nutrition designed for groups of 5 or more. Feel better than you ever have in just 8 weeks!

#### Sports Nutrition Coaching:

I help athletes go from an empty tank, to going beyond the distance. Go from the start line to finish feeling strong. Go from flab to lean with better nutrition habits you can readily use.

#### Personal Grocery Shopping Assistant:

Let me join you while grocery shopping to help you make healthier choices and understand food labels.

#### Pantry Review:

I will review your pantry and refrigerator and offer suggestions for healthier options.

#### Restaurant Eating:

Let me join you for dinner to help you sort through the menu and suggest healthier alternatives: learn to order what you want.

#### Supplement Review:

Allow me to help you sort through your supplements so you take only what your body needs. Ask about the LabInterpretation™ Report. Supplements Offered:

- Metagenics, Hammer Nutrition, Crayhon Research and others

#### Seminars:

Available upon request. A wide variety of topics are offered. See website for more information.

#### Swim Coaching/Lessons:

I offer swim lessons for beginners and triathletes looking to improve their swim stroke and to gain endurance. I focus on breathing and proper body positioning to allow you to work with the water and with your natural body mechanics.

#### Triathlon Coaching:

I create training programs to help you reach your triathlon/racing goals. Whether it is your first sprint distance or you are ready to do an Ironman, we have a program personalized to meet your needs.

#### Change your nutrition - Change your life!

