

Professional Dietary Programs

with Rita Larsen R.D. Registered Dietitian

Point Saver System Weight Management Program

The easiest form of tracking food intake known to date! Energy needs for weight loss are calculated. System for learning food portioning. Includes weekly weigh-in, with e-mailed dietary Q & A. New Easy-to-Use Materials!

one session; 6 weeks, \$125 members; \$175 non-members

Sign up with Concierge or with Rita. See program outline on website.

Available through appointment for individuals or small groups.

Open to new members looking for added nutrition while exercise start-up. Exhale members are invited.

Small group, as family unit, exercise group looking for additional assistance.

Diabetes & You!

Adults, with / Type 1 or 2 diabetes ~ Eating right is a big part of keeping healthy with diabetes. Tracking carbohydrates has been made easy by simple instruction of what equals one serving, or "15 gms. of Carb". Your whole family can benefit by enjoying healthy recipe choices, and the long term improvement in overall health. How to monitor blood sugar and choosing foods that are best for your diabetic diet is provided in this program!

3 weeks, 3 sessions \$45.00 members; \$60.00 non-members

Diabetes can affect all aged adults. Dramatic improvements in one's health can be made by eating well and having normal blood sugar levels.

Diabetes is the single most common disease process in America, affecting 60% of all adults ages 20-80.

Rita W. Larsen, Registered Dietitian, RD, CD

Sign up for programs by calling Rita (c) 262-391-1003

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Elite Sports Club, Brookfield, 13825 W. Burleigh Rd.

262-786-0880

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414-351-2900

