Make your health goals a reality!
Whether it is weight management or a desire to lead a healthier life; let our Registered Dietitian be your partner in health. We understand there are many obstacles that can make it difficult to stay motivated and on track. Utilizing a Personal Nutrition Consultant can keep you on course & make your health goals an attainable reality!

What is a Registered Dietitian?
“Registered Dietitians are the food & nutrition experts who can translate the science of nutrition into practical solutions for healthy living. Registered Dietitians use their nutrition expertise to help individuals make unique, positive lifestyle changes.”

Each session is personalized. Topics may include but are not limited to:

- Calories and Your Weight
- Portion Perfection
- Small Frequent Meals
- Breakfast Starts the Day Right
- Hydration Highlights
- Exercise & Nutrition: A Winning Combination
- Using Your Spice Rack
- Recipe Substitution Ideas
- Understanding Food Labels
- Pick Healthier Carbohydrates
- Pick Healthier Protein
- Pick Healthier Fats
- Dining Out Your Way
- Eating Smart at Picnics, BBQs & Parties
- Manage High Cholesterol
- Healthy Choices for Type 2 Diabetes
- Osteoporosis

Have other concerns? Just mention the topic(s) when you make your appointment.

For more information or to be referred to our Registered Dietitian:
Jill Whisler
Call 775.832.1350 or email pandora_bahlman@ivgid.org
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