

Our nutrition services include:

Comprehensive Initial Assessment and Ongoing Counseling

- Registered and credentialed dietitians create a personalized eating plan that can help your employees lose weight, increase energy, or treat a variety of medical conditions. Diet impacts virtually all of your body's organs and systems. A nutrition program can help lower blood pressure or cholesterol levels, control blood sugar levels, treat and potentially reverse heart disease, relieve symptoms of GERD and IBS, or counteract food allergies.

Diagnostic Testing for Nutrition

- To add value to the initial assessment, employees can have a resting metabolic test and a body composition test. We can test energy level, calories per day that each employee burns and needs, and body composition (percentage fat, lean tissue, and fluids).

Support Group Counseling for Weight Loss

- Join a small group of less than 12 people for a 1 hour session each week. Receive a private weigh-in, listen to a lecture on lifestyle change, stress management, nutrition, metabolism, or fitness, ask questions and debate with the group, and participate in a round-table discussion. The second half of each group session consists of an open forum for all participants to discuss issues of importance to the group. Unlike many other weight loss groups, Kingley Health's groups:

- are led by a clinically trained healthcare professional, so the group members are educated in addition to receiving support from the leader and group
- give each participant a complementary session with a Kingley Health Wellness Advisor (a \$100 value)
- use a process that promotes high metabolism, keeping your employees energized while they lose weight