

# Personal Diet and Exercise Consults



**Nutrition and exercise information is everywhere: In the news, on the internet, or sitting in the magazine rack of your local grocery store. How this information may apply to you or your family can sometimes be confusing or overwhelming.**

## **A new FREE, service from your Employee Assistance Program (EAP)**

Your EAP has a **Registered Dietitian (RD)** and **Health Fitness Specialist (HFS)** on staff to answer your nutrition and exercise questions. Employees, spouses, and dependent children are eligible for annual, one-time telephonic nutrition and exercise consultations.

### **Examples of questions addressed by the Registered Dietitian and Health Fitness Specialist**

- Is a low carbohydrate or low fat diet better?
- What are some healthy snack ideas for my family?
- Which foods are gluten free?
- Which is a better muscle strengthening program: A high repetition, low weight or low repetition high weight?
- What does moderate-level intensity exercise mean?
- What type of low impact exercise should I be doing?

### **Steps to participate**

1. Call the EAP at 1.888.817.8989 to request a telephonic nutrition or exercise consultation ...or both!
2. An EAP representative will ask for your name and the reason for your call. Based on your question, the representative will connect you to our Registered Dietitian or Health Fitness Specialist.

A copy of your recommendation(s) will be sent to you at your preferred address.

Like all EAP services, nutrition and exercise consultations are confidential and free of charge.