

**Winter  
2012**



**Nutrition and Weight Management Programs**

**Stefanie Senior, Registered Dietitian**

**Athletic Edge Sports Medicine Clinic**

121 King Street West, Suite 1100, Toronto, ON

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## About Stefanie Senior, Registered Dietitian

Stefanie Senior, registered dietitian, specializes in weight management, sports nutrition, chronic health conditions, and general health. She managed and taught the *Steps to Less™* Weight Management program at St. Michael's Hospital in Toronto for three years and now offers a variety of **individual** and **group** programs at Athletic Edge Sports Medicine clinic.

### **Stefanie can help you to:**

- **Achieve optimum nutrition, fitness and health**
- **Lose weight safely and healthfully**
- **Manage health conditions, allergies and food intolerances**
- **Plan balanced meals and snacks**
- **Control appetite and food cravings**
- **Eat for exercise and/or athletic performance**

Stefanie provides customized nutrition and weight loss plans that are realistic, easy to follow and reflect stepwise change, balance and flexibility. She will provide you with education, advice, resources, motivation and support to help you make permanent lifestyle changes and reach your health goals.

**Check your health benefits plan for “Registered Dietitian” coverage.**

**Call 416 800 0800 to book your FREE 15-minute consultation to help you determine which program is right for you!**

# Individual Programs

## Nutrition Counselling

Whether your goal is to lose weight, manage a chronic health condition, enhance athletic performance, or simply improve your diet and lifestyle, this program is right for you.

### Common areas of counselling:

- Weight management
- Heart disease, high cholesterol, or high blood pressure
- Diabetes or high blood sugars
- Low iron or anemia
- Gastrointestinal conditions
- Osteoporosis or low bone density
- Pregnancy (or pre or post)
- Vegetarian or vegan nutrition
- Food allergies or intolerances

## Phone or Skype

Receive the benefit of a nutrition coach in the comfort of your own home. Connect with Stefanie through phone or Skype at your scheduled appointment time.

## Weight Loss Coaching

If you struggle with your weight and find it difficult to follow a healthy lifestyle, this program will coach you to success!

This 12-week weight loss program offers you two professional weight loss coaches who will teach you step-by-step how to lose weight and keep it off! After a comprehensive diet and fitness assessment, you will receive an easy-to-follow plan tailored to meet your needs, abilities, food and exercise preferences and lifestyle. Your coaches will guide and support you as you develop the knowledge, skills, attitude and habits needed for successful permanent weight loss.

### Includes:

- 10 visits with Stefanie Senior, RD
- 12 or 24 personal fitness training sessions
- Grocery store tour and guide
- Customized nutrition/exercise plan
- Weekly food record analysis
- Educational tools and resources

# Nutrition Counselling vs. Weight Loss Coaching

Services	Nutrition Counselling	Weight Loss Coaching
Individual visits with Stefanie Senior, RD	✓	✓
Nutrition and lifestyle assessment	✓	✓
Diet analysis	✓	✓
Nutrition recommendation report	✓	✓
Personalized meal plan	✓	✓
Online food and calorie tracker	✓	✓
Meal and snack guide including menus and recipes	✓	✓
Portion handbook	✓	✓
Grocery shopping guide	✓	✓
Email support from Stefanie	✓	✓
Subscription to Stefanie's monthly newsletter	✓	✓
Private grocery shopping tour	Add on	✓
Personal fitness training		✓
Home exercise plan		✓
Pedometer		✓

# Group Programs

## LIVE LEAN Weight Management Program

LIVE LEAN offers a **simple, realistic** and **permanent** weight loss solution through a unique combination of **nutrition, fitness, behavior, and lifestyle** strategies.

Developed and led by Stefanie Senior, Registered Dietitian (RD) and Trina Lambe, Certified Fitness Trainer and Kinesiologist, this 12-week program will provide you with the knowledge, skills, motivation and support you need to achieve safe, healthy and long term weight loss.

### Learn how to:

- Lose weight and keep it off
- Eat and exercise right
- Manage cravings and emotional eating
- Reach your nutrition, fitness and health goals
- Create habits that will last a lifetime!

### Includes:

- Two, 1-hour nutrition consultations with Stefanie Senior, RD
- Twelve, 2-hour weight management classes
- Twenty-four, 1-hour fitness classes
- Nutrition, lifestyle and fitness assessment
- Personalized meal plan
- Grocery shopping tour and guide
- Program manual, success tracker and pedometer

Dates: March 20<sup>th</sup> – June 7<sup>th</sup>, 2012

Day and Time: Tuesdays 6-9 p.m. and Thursdays 6-7 p.m. (12 weeks)

OPEN HOUSE: March 6<sup>th</sup>, 2012 at Simcoe Place, 200 Front St. W, concourse level

## Craving Change™

If you struggle with your eating habits, eat for comfort or in response to emotions, then the Craving Change™ program is right for you. This 4-week program involves a series of group discussions, activities and self-reflection that will help you to:

- **Understand your food choices and cravings**
- **Identify and manage triggers for problematic eating**
- **Permanently change unhealthy eating behaviours**

Dates: January 23<sup>rd</sup> – February 13<sup>th</sup>, 2012

## Weight Support

Surround yourself with other people committed to making long-term lifestyle changes by joining this weight loss support group. Monthly meetings will include nutrition education, skill development, goal setting, problem solving and group discussions that will help you to:

- **Fine tune your nutrition and lifestyle plan**
- **Overcome challenges and celebrate successes**
- **Stay motivated and on track**

Dates: January 26<sup>th</sup> – June 28<sup>th</sup>, 2012

Day and Time: last Thursday of every month from 6:15-7:45 p.m.

### **Stefanie Senior, Registered Dietitian**

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**KEEP PLAYING**

