

NUTRITION COUNSELLING PROGRAM

Stefanie Senior, Registered Dietitian (RD)

About Stefanie Senior, RD

Stefanie Senior is a registered dietitian, health coach and professional speaker with a special interest in weight management, sports nutrition, chronic health conditions and corporate wellness. She has a private practice downtown Toronto where she provides nutrition counselling, weight loss coaching and group education and support programs. Stefanie also offers corporate seminars, hands-on workshops and online nutrition counselling throughout Canada. She has designed and implemented group education programs at several corporations in Toronto including the College of Physicians and Surgeons, the Royal Bank of Canada, the University Health Network and the University of Toronto. Stefanie is a professor in food and nutrition at George Brown College and is a consultant for various media outlets. She was the host of the online show "Experts Live" and was the in-house dietitian and spokesperson for the CBC Live Right Now Campaign in 2012 and 2013.

Stefanie has a unique approach to her practice and provides advice that is realistic, easy to follow and emphasizes stepwise change, balance and flexibility. She is a firm believer that small, gradual changes to a person's eating and exercising routine coupled with patience, commitment and a positive attitude can lead to permanent lifestyle change and a happier, healthier and more fulfilling life.

Nutrition Counselling

Stefanie offers nutrition counselling in-person, over the phone and online through Skype or Face Time. During your sessions with Stefanie, you will learn step-by-step how to establish a realistic, easy-to-follow, satisfying nutrition plan that considers your individual needs, activity level, food preferences and lifestyle. You will also receive support and accountability and develop the knowledge, skills, confidence and motivation that you need to make positive changes and reach your goals.

What is included?

- Nutrition and lifestyle assessment
- Personalized recommendations, menu and grocery list
- Grocery shopping guide, meal/snack ideas and recipes
- Educational tools and resources

Nutrition and Lifestyle Assessment

- During your initial **1 or 1.5 hour assessment** Stefanie will review your health goals, medical history, medications, supplement use, eating patterns, portion sizes, food preferences (and any food intolerances/allergies), activity/exercise regimen and any restaurants/food courts frequented. Body measurements can also be taken (i.e. weight and waist circumference).
- After your assessment, Stefanie will provide you with valuable feedback on your diet and lifestyle and review practical strategies for improving your eating habits and nutritional intake in order to reach your goals. This can include methods for losing weight and/or changing your body composition; managing hunger, cravings or emotional eating; boosting energy; improving exercise performance and recovery; and managing specific health condition/s or food intolerance/s.
- Based on your assessment, Stefanie will determine your nutritional needs (i.e. calories, protein, fat, carbohydrates, vitamins, minerals and fluids) and provide you with a meal plan that outlines the best types of foods, portions, food combinations and meal timing. You will also receive a sample grocery list, a list of best brands and a sample menu.

Personalized Menu and Grocery List

- During your first follow-up session (1-2 weeks after your assessment), Stefanie will help you create a **personalized menu and grocery list** based on your nutritional needs, food preferences, schedule and lifestyle. Your plan will be structured, easy to follow and will outline options for breakfast, lunch, dinner and snacks. It can include take-out, restaurant and on-the-go options and your favourite treats.
- During your remaining follow-up sessions (weekly or bi-weekly), Stefanie will review your food diary, take your body measurements (if appropriate) and help you overcome challenges and set goals. You will learn how to read food labels, eat healthy at restaurants, manage food cravings, modify unhealthy behavior, eat mindfully, improve your relationship with food, and stay motivated.

Investment:

Individuals

- Initial assessment = \$145 (1 hour) or \$200 (1.5 hours)
- Follow-up sessions = \$80 (30-minutes) or \$115 (45 minutes) or \$145 (1 hour)
- Start-Up Packages:
 - # 1 = \$500 (initial 1 hour assessment + 5, 30-minute follow-up sessions)
 - # 2 = \$555 (initial 1.5 hour assessment + 5, 30-minute follow-up sessions)
 - # 3 = \$815 (initial 1 hour assessment + 10, 30-minute follow-up sessions)
 - # 4 = \$870 (initial 1.5 hour assessment + 10, 30-minute follow-up sessions)
- Maintenance Packages:
 - # 1 = \$375 (5, 30-minute follow-up sessions)
 - # 2 = \$500 (10, 20-minute follow-up sessions)

Couples

- Initial assessment = \$290 (2 hours)
- Follow-up sessions = \$115 (45 minutes together)
- Couples Package = \$840 (2 hour initial session + 5, 45 minute follow-up sessions)
- Couples Package = \$1340 (2 hour initial session + 10, 45 minute follow-up sessions)

Most health benefit plans cover registered dietitian services

In-Person Appointments

To book a free 15-minute informational consultation (phone/in-person) or your first appointment you can call reception at 416 800 0800 ext. 0 (available Monday - Friday between 7:30 am - 6 pm)

Office Hours

- Mondays: 1 - 7:30 pm
- Tuesdays: 12 - 7:30 pm
- Wednesdays: 11 am - 7:30 pm
- Thursdays: 8 am - 3 pm
- Fridays: 11 am - 6 pm

Phone/Skype Appointments

To book a phone/Skype appointment you can contact Stefanie directly by phone or email to arrange a time.

Stefanie Senior, Registered Dietitian

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