



Angela Lemond, RD, CSP, LD  
Individual and Family Nutrition Consultant

## It's A Family Thing!



Are you ready to make healthy eating and lifestyle changes? Maybe you are, but what happens when you make healthy changes only to go back home to your family who has not made those same changes? Isn't it hard to maintain those changes with other around that are still eating the old way? *It's a Family Thing!* Program may just be what you need. This is a program that will establish practical nutrition and exercise changes across the entire family unit. Utilize your family, just as members on a team, to work toward the same healthy way of living that will stick for a lifetime.

**What:** *It's A Family Thing!* is a six (6) week group program geared for the whole family that meets once a week for 2 hours that puts participants on a special "phase system" in which realistic, practical lifestyle changes are made slowly and family-wide. By the end of the program, your family will be living a lifestyle in which all can live with for life, and reduce your health-related problems.

### Program Breakdown

#### **5 weeks in length, 2 hrs per week with a family follow-up one month post-completion**

- **Week One:** individual assessments, analysis and goal setting; food and activity competition introductions
- **Week Two:** Healthy eating basics, individual goal follow-ups
- **Week Three:** Physical activity and energy balance; balancing the energy in with the energy out; creative ways to be active together as a family; individual goal follow-ups
- **Week Four:** Grocery Shopping Tour with grocery shopping lists, do's, don'ts and tips for survival; individual goal follow-ups
- **Week Five:** Staying healthy despite unhealthy environments, holidays and busy schedules; physical activity and healthy eating award ceremony, graduation
- **Post-Program Follow-Up:** What's working, what's not, working through ongoing issues

Program includes:

12 hours of nutrition education specifically geared toward family nutrition

- Nutrition analysis for all family members including a printout of average calorie, fat, carbohydrate intake as well as vitamin/mineral comparisons with national recommendations
- Dietitian assessment and monitoring of food patterns along with suggestions

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- Estimated calorie needs for each family member
- Individual goals for each member based on current medical and/or food issues
- Physical grocery store tour with grocery shopping lists, do's, don'ts and tips
- Practical solutions for snacking and meal planning
- Friendly food AND activity competitions throughout the 6 weeks to keep family members motivated and engaged
- Physical Activity as a family; tips to keep each other encouraged to stay active

*It's a Family Thing!* Program is available on select evenings from 5-7pm beginning the second week in January. Some class times available on Saturdays upon request.

This is certainly an investment for your family, but one that you will not regret. It will have lasting impact on how your family lives life!

*For more information, contact Angela Lemond, RD, CSP, LD at 972-727-1222 or [alemond@foodtherapyrd.com](mailto:alemond@foodtherapyrd.com).*

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