



Continuing Education, Certification, Coaching



Dear YMCA Executive Director,

The YMCA of Greater Boston and Dr Jane Pentz of Lifestyle Management Associates have joined forces to develop the "Healthy Balance" Program. Healthy Balance is an exciting new program that utilizes specially trained fitness professionals to instruct participants in nutrition, menu planning, exercise, and stress reduction techniques. In the fall of 2004, Healthy Balance was offered as a pilot program by the Hyde Park and West Roxbury Branches of the Greater Boston Association with better than anticipated results in relation to participants goals, low attrition rate, new memberships and revenue.

To maintain quality control, presenters of this program are required to be certified personal trainers and certified Nutrition Specialists. All classes have been "scripted" and are contained in an easy to follow Instructor's Manual. Group Instructors receive additional training in class presentation to ensure successful programs. All Healthy Balance participants receive a binder with weekly handouts and homework, a copy of Dr. Pentz's book, *If You Don't Take Care of Your Body, Where Are You Going To Live*, a lifestyle journal, and a copy of the Educational Edition software to analyze their eating patterns.

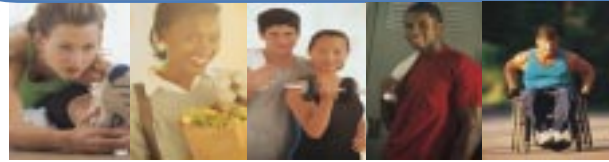
The Healthy Balance Program was highlighted in the October 2005 edition of FMY Fitness Management magazine. We have since received over 40 requests for additional information. Over a dozen YMCAs across the country have implemented the program or are in the process of getting started this year.

For more information about Healthy Balance, please contact:

Ann Glora – Fitness Coordinator
Hyde Park Family Branch YMCA
1137 River St., Hyde Park, MA. 02136
(617) 361-2300 ext. 303
aglor@ymcaboston.org



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Healthy Balance Overview

Healthy Balance takes the philosophy of healthy lifestyle management and puts it into a group setting to make it more accessible to YMCA members. It is a wellness program that addresses the health of the mind, body, and spirit. The course is designed to fit into an 8-week session and includes 8 weekly group classes and 3 individual appointments. Participants receive

- ▶▶A text book with menu plans and recipes
- ▶▶Computerized diet analysis software to analyze their eating patterns
- ▶▶An exercise program designed just for them (cardio, strength training and flexibility)
- ▶▶A better understanding the impact of stress on health and ways to control/eliminate stress
- ▶▶A total lifestyle management plan that comes with a permanent partner in their quest for health - the YMCA

Group Instructor Overview

All Healthy Balance Group Instructors require the following education/certification:

- ▶▶Certified personal trainer. All national recognized personal training certifications are accepted.
- ▶▶Certified Nutrition Specialist. Certification, as a Nutrition Specialist through Lifestyle Management Associates, allows the fitness professional to provide sound, safe, scientific, and lifesaving nutritional advise to members. All Nutrition Specialists adhere to state licensure laws and the ADA guidelines. A Certified Nutrition Specialist has attended the "Nutrition for Professionals Course", or completed the equivalent home study course - "Incorporating Nutrition"; and passed the Nutrition Specialist exam.
- ▶▶Attend Healthy Balance training classes (a series of audio/web conferencing classes). These classes maintain quality control through detailed instruction on how to teach the Healthy Balance Program. Upon completion of these classes, Healthy Balance Group Instructors obtain licensing as Nutrition Manager Consultants.

The Hyde Park, MA YMCA is prepared to train qualified Nutrition Specialists as instructors for Healthy Balance and supply materials for the program.

For more details, please contact:

Ann Glora at the Hyde Park Family Branch YMCA - (617) 361-2300

Kelly Fernandes at the Hyde Park Family Branch YMCA - (617) 361-2300



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Group Instructor Qualifications

In order to provide an effective and safe program all Healthy Balance staff members must be certified personal trainers, certified Nutrition Specialists, and licensed as Nutrition Manager Group Instructors. The entire program is monitored by a licensed sports dietitian, through Lifestyle Management Associates, to ensure adherence to all individual state licensure laws and the American Dietetics Association guidelines.

All national recognized personal training certifications are recognized. Certified personal trainers must attend the Nutrition Specialist Course and pass the certification exam; they then qualify to become Nutrition Manager Group Instructors.

To become a Nutrition Manager Group Instructor, Nutrition Specialists must attend a series of Audio/web conferencing classes. These classes instruct Nutrition Specialists on how to teach the Healthy Balance Program. Upon completion of the training classes, Nutrition Specialists are licensed as Nutrition Manager Group Instructors. To maintain licensure, instructors must teach the class at least twice a year; or team teach at least twice a year.



HEALTHY BALANCE - PROGRAM OUTLINE

I. Informational Workshop

- A. Free introduction to program
- B. Questionnaire completion
- C. Selection of group – 10 maximum at a time

II. Class 1 – Introduction

- A. Basic paperwork
 - 1. Ten Commandments for Family Members
 - 2. Legal Agreement
 - 3. Responsibility Clause
- B. Why Diets Don't Work
- C. Lifestyle Journal – instructions
 - 1. Setting goals and objectives
 - 2. Portion sizes
 - 3. Exercise information
- D. Body Composition test instructions
- E. Wrap Up
 - 1. Distribute book "If You Don't Take Care of Your Body, Where Are You Going To Live?"
 - 2. Homework assignments
 - 3. Appointment sign up

III. First Individual Appointment (before class 2)

- A. Testing
 - 1. Body Composition
 - 2. Body Mass Index
 - 3. Waist to Hip Ratio
- B. Discuss Goals and objectives
- C. Software demo
 - 1. Practice
 - 2. Printouts must be completed and brought to Class 3

IV. Class 2 – Exercise

- A. Review Information so far
 - 1. Discuss homework
 - 2. Take journal and software questions
- B. Importance of fitness
 - 1. Cardio, Strength training, and Flexibility
 - 2. Frequency, Duration, and Intensity
- C. Weekly Exercise Schedule set up
- D. Facility Tour and Orientation for New Members
- E. Assign Homework

V. Class 3 – Nutrition

- A. Discuss Reading Assignments
- B. Discuss Printouts
 - 1. Nutrient lists
 - 2. Menu plans
 - 3. Review portion sizes
- C. Eating Strategy Worksheet

VI. Class 4 – Labels and Supplements

- A. Reading Labels
- B. Supplement information
- C. Homework assignment
- D. Second Individual Appointment sign up (before class 5)

VII. Second Individual Appointment

- A. Binder Check
 - 1. Food Logs
 - 2. Exercise Logs
 - 3. Homework assignments
- B. Review Strategy Worksheet
- C. Listen, Listen, Listen

VIII. Class 5 – Stress Reduction

- A. Discuss reading assignments
- B. Stress reduction techniques
- C. Sleep info
- D. Homework

IX. Class 6 – Fiber

- A. Discuss Stress Homework
- B. Importance of fiber
 - 1. Look for fiber sources in food logs
 - 2. How much do you need
- D. Assign Homework

X. Class 7 – Defensive Eating

- A. Eating out
- B. Recipe/ menu substitutions
- C. Making Packaged foods healthier
- D. Assign recipes for next class

XI. Class 8 – Wrap Up

- A. Party
 - 1. Share foods
 - 2. Completion certificates
- B. Outlook on Life
- C. Exit Surveys
- D. Options for program continuations
- E. Appointments for last Individual Appointments

XII. Final Individual Appointment

- A. Testing
 - 1. Body Composition
 - 2. BMI
 - 3. Waist Hip Ratio
- B. Review Goals and objectives
- C. Options for continued lifestyle changes



Continuing Education, Certification, Coaching

Lifestyle Management Associates

Thank you for requesting information on continuing education courses through Lifestyle Management Associates.

LMA is pleased to announce that, in addition to continuing education courses, the Nutrition Specialist Certification is now available. Why certification? Visit our website for details on why health and fitness professionals are being called on to incorporate nutrition services.

To be eligible for certification as a Nutrition Specialist you must attend either the Nutrition for Professionals course, or complete the home study course, Incorporating Nutrition. The Nutrition for Professionals course is a two day course presented at locations throughout the country; this course centers on educating professionals in the science of nutrition and its role in health and weight management (see brochure for details). Incorporating Nutrition is a home study (audio/web conferencing) course designed to educate health and fitness professionals on how to incorporate nutrition into their programs safely, professionally, and legally by adhering to all state licensure laws and the American Dietetics Association guidelines (see brochure for details).

Both courses provide CEC's and the opportunity to become certified as a Nutrition Specialist. Nutrition Specialists then have the opportunity to become part of an already established program - the Nutrition Manager Program - which provides diet analysis software, menu plans, additional training, pre-scripted ten session outline, dietitian support, and much more. The table below itemizes these options.

Which Option is Best For You	Nutrition for Professionals	Incorporating Nutrition	Nutrition Specialist Certification	Advanced Nutrition Manager Program
Continuing Education Credits Approved CEC Organizations	18 Credit Hours NATA(17),ACE,ACSM,NSCA, NASM,AFAA,ADA,YMCA	24 Credit Hours NATA,ACE,ACSM,YMCA NASM (2.0 NSCA)		
Option for Nutrition Certification Dates and Locations	Yes Classroom Setting	Yes Comfort of your home		
Calculations / Nutrient Needs	Yes	Yes	Yes	Yes
Research library on LMA	Yes	Yes	Yes	Yes
Ability to implement nutrition services Utilizing Dr. Pentz's program	*No	*No	Yes	Yes
Ability to Provide Menu Plans	*No	*No	Yes	Yes
Dietitian Support	*No	*No	Yes	Yes
Diet analysis software			Additional Cost No	Included in leasing fee Yes
Educational Edition software for clients			No	Yes
Free software updates			No	Yes
Additional training (tele-medicine)			No	Yes
Free Advertising on LMA			Yes (state page)	Yes (entire page)
Free registration for all LMA courses			NO	YES

*Forty-one states have licensure laws; hence, for legal and professional reasons, all nutrition programs should be reviewed by, in consultation with, and no program change can be initiated without prior approval by a licensed dietitian or a registered dietitian through the ADA.

The Nutrition Specialist Certification program provides the ability to determine energy needs and provide menu plans utilizing Dr. Pentz's materials; thereby adhering to all state licensure laws and the ADA guidelines.

For professionals wishing to provide more specific nutrition services, the Advanced Nutrition Manager program (available to Nutrition Specialists) provides: software to analyze eating patterns; free updates to the software; and includes unlimited dietitian support (through tele-medicine). This program also includes additional training, through tele-medicine. The training includes a session with scripted materials for an entire 8 session program; software training; and how to market your business. There is a \$150 set up fee and \$49 a month leasing fee.



Nutrition for Professionals Registration Form

Name _____
 Street _____
 City _____ State _____ Zip _____
 Tel.# Work _____ Tel. # Home _____
 Email _____
 Class Date _____ Class Location _____

Please list the organization for which you are requesting CEC's below.
 If no organization is listed, you will receive a letter of attendance.

Nutrition Specialist Course	SubTotal
CEC's 1st Org. name _____ Cert.# _____ no charge	\$299 xxxxxx
CEC's 2nd Org. name _____ Cert.# _____ \$10 charge	_____
CEC's 3rd Org. name _____ Cert.# _____ \$10 charge	_____
\$10 Late Fee - 10 days prior to class date \$10 charge	_____

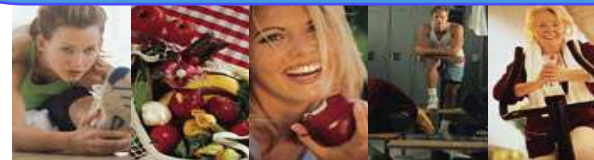
Required Textbook

Bound copy of Textbook	\$ 65.00	Sub Total (from above)	
Tax (5%)	\$ 3.25		
Shipping/Handling	\$ 7.95		
Sub Total	\$76.20		
			\$ 76.20
		Total	

Charge My Credit Card \$ _____
 MasterCard _____ Visa _____ Discover _____
 Credit Card Number _____
 Expiration Date _____
 Name (as it appears on card) _____
 Billing Address _____
 Telephone _____
 Signature _____

Refund Policy: Space is limited. Preregistration is required. A \$10 late fee is added for registrations received 10 days prior to the class date. A refund will be given for cancellations with 30 days notice prior to the beginning date; however, a charge of \$50 will be applied for handling/shipping costs. Additional charge will be applied for materials not returned plus tax and shipping. All returned items must be in saleable condition. All other cancellations will be credited toward future workshops. A \$50 charge will be applied for changing/switching course dates. A 24-hour notice is required for any credit.

Continuing Education, Certification, Coaching



Nutrition for Professionals



Specializing in Continuing
 Education For Health
 Professionals and Educators

Featuring
 Dr. Jane Pentz

Lifestyle Management Associates Incorporated
 111 Grove St, Suite 1, West Roxbury, MA 02132 www.lifestylemanagement.com



Nutrition for Professional Created by Dr. Jane Pentz*

The 18 hour Nutrition for Professionals is once again being offered in many different locations. This course is a must for anyone serious about learning (and teaching) how to achieve optimum health and weight management through lifestyle changes. Upon completion, attendees will be able to calculate total energy nutrient expenditure, make recommendations for essential nutrient intakes, including appropriate amounts of carbohydrates, proteins, and fats necessary to build muscle and burn fat. Attendees will also be given the tools necessary to differentiate between sound scientific nutrition and marketing schemes.

Upon completion of the course, attendees have the option to take advantage of a the Nutrition Specialist Certification through Lifestyle Management Associates. The certification is separate from the course and is described in detail during the course. For more information visit our website or call Dr. Jane directly at 800-617-4615.

2008 Schedule

Sept 13, 14	San Jose, CA - Comfort Suites San Jose Airport
Sept 20, 21	Denver, CO - Hampton Inn Suites Tech Center San Diego, CA - Quality Inn Airport/Sea World
Sept 27, 28	Chicago, IL - Hampton Inn O'Hare Tampa/Lakeland, FL - Florida Southern University
Oct 4, 5	Boston, MA - Hampton Inn Boston/Braintree Albuquerque, NM - Quality Inn & Suites
Oct 11, 12	Cincinnati, OH - Hampton Inn Cincinnati Airport North Orange County/Santa Ana, CA - Best Western Philadelphia, PA/Glassboro, NJ - Rowan University
Oct 18, 19	Cleveland, OH - Comfort Inn Downtown Cleveland Ft. Lauderdale/Davie, FL - Pine Island Ridge Kansas City, MO - Fairfield Inn Kansas City Airport Sacramento, CA - Comfort Inn & Suites
Oct 25, 26	Austin, TX - Complete Athlete Training Zone (CATZ)
Nov 1, 2,	St. Augustine, FL - Hampton Inn St. Augustine Nashville, TN - Quality Inn & Suites Salt Lake City, UT - Comfort Suites Airport
Nov 8, 9	San Antonio, TX - Complete Athlete Training Zone (CATZ)
Nov 15, 16	New York City, NY - Asphalt Green Indianapolis, IIN - Holiday Inn Select Indianapolis Airport

All classes held on Saturday and Sunday from 8 am to 5:30 pm

* Dr. Jane began her career in nutrition with an undergraduate degree in nutritional biochemistry from Vassar College while simultaneously raising three children. Her education continued at Tufts University where she received her Masters and Ph.D. degrees in nutritional biochemistry; she is one of only several hundred to ever earn a Ph.D. in Human Nutrition Sciences from the USDA Human Nutrition Research Center on Aging at Tufts University. In addition, Dr. Jane worked with the USDA Human Nutrition Research Center's team that completed ground breaking research on the effects of weight training in 80 and 90 year olds. For more information visit www.lifestylemanagement.com.

Continuing Education, Certification, Coaching



For just \$299 you receive (does not include required text):

- 18-hour Nutrition for Professionals course
- Copy of *Truth in Marketing: What's a Body to Believe?* (in class)
- CEC's for first organization:

17 NATABOC, 1.8 ACE, 18 ACSM, 18 YMCA, 1.8 NSCA, 18 NASM, 18 AFAA, 18 ADA. Teachers, nurses, physical therapists, or other allied health professionals please check with your Director of Curriculum for number of contact hours.

Program Theme: The theme of this program is to provide sound, scientific, and life saving nutrition information to professionals—nurses, physical therapists, physicians, and hospital ancillary staff, educators, as well as fitness professionals.

Program Goals: The main goal of this program is to educate professionals in the science of nutrition and its role in health and weight management and to provide tools for professionals to differentiate between sound nutrition and marketing schemes. A secondary goal is to encourage all fitness professionals to incorporate sound nutrition into their programs through discussion of a professional scope of practice and adherence to all state licensure laws.

Program Objectives:

1. Discuss digestion, absorption, roles and utilization of essential nutrients. In depth discussion of energy nutrient utilization during rest, exercise, fasting, illness, and stress (4 hours).
2. Discuss the Dietary Reference Intakes for the essential nutrients in relation to the latest scientific information. Discuss the 1994 Dietary Supplement and Health Education Act (DSHEA). (2 hours)
3. Discuss laws regarding marketing of supplements versus drugs. View several videos on supplements from varied sources. Discuss integrity in science and, through group discussion, develop skills to discern bias and unethical practices in the media and scientific journals. (3 hours).
4. Discuss the importance of body composition versus scale weight. Calculate body composition measures (Body Mass Index, Waist to Hip ratio, Percent body fat), total energy expenditure, and analyze food intakes through case studies. Discuss ranges of energy nutrient intake for optimal health and performance. Interpret the effects of exercise, stress, smoking, and drinking and their implications in health and weight management. (4 hours).
5. Summarize data on the futility of diets, diet fads, etc. Be able to explain new labeling laws and analyze food labels. Demonstrate diet analysis software. Discuss scope of practice and how to incorporate nutrition while adhering to all state licensure laws and American Dietetic Association guidelines. (3 hours).
6. Summarize the many influences that prevent individuals from being successful in health and weight management, outline obstacles to success and discuss methods for incorporating motivational techniques. Discuss differing nutrient needs for special populations (aging, obesity, eating disorders, etc.) (2.0 hours).

To register, please complete the registration form on the reverse side.

You can register using MasterCard, Visa or Discover
through secure fax at **800-617-4615**

Or by mail using credit card or check.

Make check payable to
Lifestyle Management Associates Inc and mail to:
111 Grove Street, Suite 1
West Roxbury, MA 02132

Visit our website at www.lifestylemanagement.com



Lifestyle Management
Associates



Continued Education, Certification & Coaching



NUTRITION SPECIALIST CERTIFICATION

Graduates of the Nutrition for Professionals course (formerly Nutrition Specialist Course), or the home study course, Incorporating Nutrition qualify to enter the Nutrition Specialist Certification Program. The goal of this program is to achieve the national goals of health and wellness through the venue of allied health professionals providing sound, scientific nutrition education to the healthy, exercising population. Nutrition Specialists are an elite group of individuals providing nutrition in conjunction with fitness programs; these specialists adhere to all state licensure laws and guidelines by the American Dietetics Association.

To be eligible for certification as a Nutrition Specialist, students must attend the Nutrition for Professionals course or complete the home study course "Incorporating Nutrition". Graduates can then choose to enter the certification program. The program consists of a take home exam. A score of 75 or greater is required for certification. Nutrition Specialists can then choose to become Nutrition Manager Consultants (Advanced Program) and provide more individualized services, such as determining caloric requirements (protein, carbohydrate, and fat requirements), performing diet analyses, providing menu plans, providing educational classes (utilizing Dr. Pentz's scripted programs), and much more.

This certification **is not affiliated** with any other organization such as NATA, ACE, AFAA, NASM, ACSM, or NSCA. This certification **is not required to obtain your continuing education credits for attending the 18 hour Nutrition for Professionals course, or completing the 24 hour home study course**; i.e., this certification is totally separate from any continuing education credits you receive from any other organizations when you attend either course. To receive your continuing education credits you simply have to complete either class.

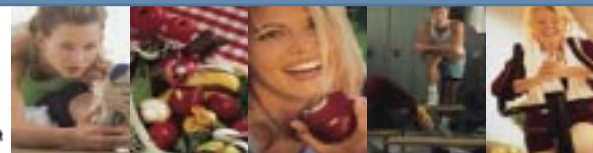
You will be provided with the name of an AASDN Dietitian as a consultant to your program, thereby providing safety. You will also be listed on line (www.lifestylemanagement.com) as a qualified Nutrition Specialist in your area (free of charge).

The cost for the exam is \$100 (\$105.95 for shipping and handling if the exam requires mailing). The exam is a take home, open book exam; you have 60 days to complete the exam. Details will be provided during the course. **The exam fee is nonrefundable.** You can register for the exam at the end of the course and receive the exam at that time, or you can register within 6 months after the course.

To register within 6 months after the course, you must complete a Test Registration Form (provided after completion of the course) and return with the fee to Dr. Jane at the address below. The exam will be mailed to you within 10 days. You will have 60 days to complete and return the exam.



Continuing Education, Certification, Coaching



Specializing in Continuing Education For Health Professionals and Educators

Charge My Credit Card \$ _____

MasterCard _____

Visa _____



Credit Card Number _____

Expiration Date _____

Name (as it appears on the card) _____

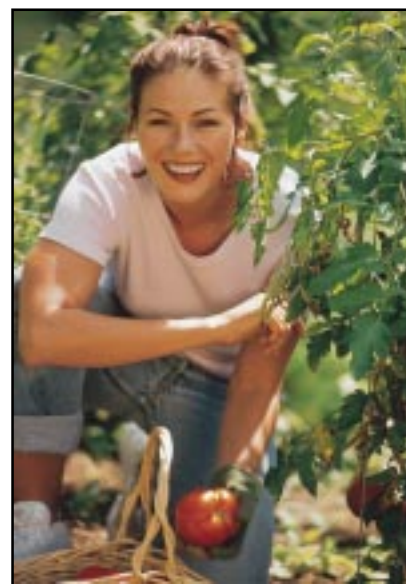
Billing Address _____

Telephone _____

Signature _____

Refund Policy: Lifestyle Management Associates offers a refund, less shipping and handling, within 14 days of purchase provided the materials are returned unopened and in saleable condition. Credit may be applied to other courses through Lifestyle Management Associates from 15 to 30 days after purchase. All materials are warranted and will be replaced at no charge.

Incorporating Nutrition



Teaching health professionals how to incorporate nutrition services into their wellness programs safely, legally and professionally

Featuring Dr. Jane Pentz

Copyright 2005 ©LMA and Dr. Jane Pentz

Incorporating Nutrition

Many professionals have been told that nutrition is beyond their scope of practice; other professionals incorporate nutrition and are unaware of the legal issues involved.

This course focuses on the types of nutrition education/services that can be incorporated while still adhering to all state licensure laws and the American Dietetics Association guidelines. The course then provides details on how to incorporate nutrition; from finding a qualified sports dietitian, to initial interview, assessment, analysis and through ten individualized sessions.

The American Academy of Sports Dietitians and Nutritionists has proposed a "Nutrition Scope of Practice" for all health and fitness individuals. For more information on this proposal visit www.aasdn.org.

Course Theme: The theme of this program is to convince health professionals to incorporate nutrition into their wellness programs while adhering to all state licensure laws and the American Dietetics Association guidelines; and to provide professionals with a hands on experience of how to incorporate nutrition into their programs.

Contact Hours: 24 hours of instruction

Course Goals: The main goal of this program is to educate professionals as to the details of how to safely, professionally, and legally incorporate nutrition into their wellness/fitness programs.

Course Objectives:

1. Lecture 1 - Discuss the importance of incorporating nutrition; combat obesity, combat misinformation, improve client success, provide added skill, increase income. Discuss the state licensure laws, ADA guidelines, and a proposed scope of practice by the American Academy of Sports Dietitians & Nutritionists. Discuss the components of successfully incorporating nutrition; stable business, identifying clients that are ready to make changes (Stages of Readiness to Change). (104 minute lecture on CD)
2. Assignment 1 - Students will be required to complete a workshop assignment after lecture 1. (2.5 hours)
3. Workshop 1 audio/web conferencing class. Students will be required to attend this audio/web conferencing class and present the results of assignment 1. (2.5 hour audio/web class)
4. Lecture 2 – Constructing a Program. Discuss the types of services that can be provided (in conjunction with a licensed dietitian/nutritionist), along with details of how to provide those services. (114 minute lecture on CD)
5. Assignment 2 - Students will be required to complete a workshop assignment after lecture 2. (2.5 hours)
6. Workshop 2 audio/web conferencing class. Students will be required to attend this audio/web conferencing class and present the results of assignment 2. (3.0 hour audio/web class)
7. Lecture 3 –Implementing a program, from the initial interview, assessment, analysis, results of the analysis, through a ten session outline. (90 minute lecture on CD)
8. Assignment 3 - Students will be required to complete a workshop assignment after lecture 3. (5.5 hours)
9. Workshop 3 audio/web conferencing class. Students will be required to attend this audio/web conferencing class and present the results of assignment 3. (3.0 hour audio/web class)

Visit our website at www.lifestylemanagement.com

Dr. Jane Pentz

Dr. Jane began her career in nutrition with an undergraduate degree in nutritional biochemistry from Vassar College while simultaneously raising three children. Her education continued at Tufts University where she received her Masters and Ph.D. degrees in nutritional biochemistry; she is one of only several hundred to ever earn a Ph.D. in Human Nutrition Sciences from the USDA Human Nutrition Research Center on Aging at Tufts University. In addition, Dr. Jane worked with the USDA Human Nutrition Research Center's team that completed ground breaking research on the effects of weight training in 80 and 90 year olds.

Cost \$369

Price Includes:

- 24 hours of instruction
- All materials for the class - CD's, Workbooks
- Nutrition Specialist Manual (on CD)
- Nutrition Manager Educational Edition Diet Analysis Software
- CEC's for two organizations:

24 NATABOC, 24 YMCA 2.4 ACE, 2.4 ACSM, 2.0 NSCA, 2.0 NASM

Teachers, nurses, physical therapists, or other allied health professionals please check with your Director of Curriculum for number of contact hours

Course Registration Form

Name _____
 Street _____
 City _____ State _____ Zip _____
 Tel.# Work _____ Tel. # Home _____
 Email _____

Please list the organization for which you are requesting CEC's below. If no organization is listed, you will receive a letter of attendance.

				Total
CEC's 1st	Org. name _____	Cert.# _____	\$369 no charge	\$369 xxxxxxx
CEC's 2nd	Org. name _____	Cert.# _____	no charge	xxxxxxx
Total				\$369

To register please complete the above form. You can register using MasterCard or Visa through secure fax at **800-617-4615**

(credit card form and return policy on reverse side)

Or by mail using credit card or check.

Make check payable to
 Lifestyle Management Associates Inc and mail to:
 111 Grove Street, Suite 1
 West Roxbury, MA 02132



Licensing Costs

Series	Educational Edition	Pro Series
Cost	\$19.95 per CD*	\$49 for 12 months Yearly cost - \$588 Free Updates Includes Dietitian Support
		Yearly cost of \$539 Savings of \$49 Free Updates Dietitian Support
Set up Fee		\$200 set up fee

* Educational Edition is designed as an accompaniment to the Nutrition Manager Program

Educational Edition - \$19.95 List Price Discounted Rate for Nutrition Manager Consultants Only

Number of Items	Price/Item	Quantity Ordered	Times Price/Item	Sub Total	5% Tax	Shipping Handling	Sub Total	Order Total
one copy	\$19.95		\$19.95/CD	\$19.95	\$1.00	\$3.95	\$24.90	
2-5 copies	\$15.00		\$15.00/CD			\$5.95		
6-25 copies	\$13.00		\$13.00/CD			\$7.95		
26-50 copies	\$12.00		\$12.00/CD			\$11.95		

To Sign up

1. Complete and sign the appropriate agreement You can obtain an agreement at www.lifestylemanagement.com, or call for one at 800-617-4615

2. Mail or fax agreement along with credit card information at the end of the agreement (checks accepted only for Educational Edition or when mailing yearly payment) to:

Dr. Jane Pentz
111 Grove Street, Suite 1
West Roxbury, MA 02132
Secure Fax and Phone: 617-325-6752

You will be sent all materials within 5 business days.

Lifestyle Management Associates Presents

111 Grove St, Suite 1, West Roxbury, MA 02132 www.lifestylemanagement.com

Why Become a Nutrition Manager Consultant?

- **Improve client success** by incorporating nutrition into your programs.
- **Increase your income** by providing diet analysis, and nutrition/weight management counseling in conjunction with your fitness program.
- **Become a member** of a well-respected professional group providing safe and effective weight management programs.
- **Consult** with an AASDN certified dietitian incorporating ADA guidelines thereby eliminating litigation worries.
- **Receive** a copy of the Nutrition Manager Software (version 3.0).
- **Receive** all materials necessary to get you started as a Nutrition Manager Consultant.
- **Receive** free updates and referrals as long as you remain a Nutrition Manager Pro Series Consultant.
- **Receive** educational support through your AASDN certified, sports dietitian/nutritionist when you sign up for the Pro Series with dietitian support.
- **Receive** free advertising of your program on the lifestylemanagement website.
- **Annual** Nutrition Specialist Renewal fee waived.
- **Educational Edition** software at a discounted rate.
- **Free Registration** for all CEC courses through LMA

Why Nutrition Manager

Have you been told that you should not incorporate nutrition in conjunction with your exercise program because it is “beyond your scope of practice”? The Nutrition Manager Program is specifically designed to incorporate nutrition in conjunction with exercise/fitness programs while adhering to all state licensure laws and the ADA guidelines. The only such program that presently exists is health facility based (the program is not available to individuals) and very expensive. Nutrition Manager is affordable and available to certified Nutrition Specialists.

As a Nutrition Manager Consultant you are your own boss. You decide how much to charge, and you negotiate percentages when consulting with health facilities. Nutrition Manager Consultants are viewed by health facility owners/ personnel as professionals providing a tremendously valuable service to members; not to mention that they provide added income for the health facility with no liability or work on their part. The Nutrition Manager Program is also unique in that it provides for a specially trained sports dietitian as a consultant to your program, thereby adhering to all state licensure laws and ADA guidelines.

You can become a Nutrition Manager Consultant if you are either a dietitian/nutritionist, or if you are a Nutrition Specialist.

One Time Set Up Fee of \$200	Educational Edition*	Pro Series \$49/month
Client Profiles	Two	unlimited
Caloric and Energy Nutrient Analysis	yes	yes
Micronutrient Analysis	yes	yes
Menu Plans (Dr. Pentz’s Menu Plans)	yes	yes
Create Custom Menu Plans	NO	yes
Ability to Add Foods	yes	yes
Ability to Add Logo & Co. Name	NO	yes
Ability to Import Before/After Pictures	yes	yes
Ability to Evaluate Profiles Over Time	yes	yes
Flag Nutrient Deficiencies and Excesses	yes	yes
Graphic and Spreadsheet Analyses	yes	yes
Printable Reports on Health Related Topics	yes	yes
Free Updates	NO	YES
Dietitian Support	NO	YES
Group, individual and youth programs	NO	YES

* Available only to Nutrition Manager Consultants; not appropriate for the general public.

Pro Series versus Educational Edition

The Nutrition Manager Pro Series was developed specifically for Nutrition Manager Consultants. These consultants are able provide such specific services as diet analysis, menu planning, and much more. This series includes unlimited dietitian support through telecommunications by an [AASDN Dietitian](#), thereby allowing for a safe, effective and legal program which adheres to all state licensure laws and the ADA guidelines.

The Educational Edition is designed specifically as an accompaniment to the Nutrition Manager Program and requires the expertise of a Nutrition Manager consultant to instruct the client on theory, terminology, and interpretation of the results. Hence, this edition is not appropriate for the general population.

Nutrition Manager Group Instructors incorporate the Educational Edition into their programs. This edition eliminates time consuming data entry. Clients learn how to “Keep track of their daily food intake” and leave your program with their own tool to stay on track. Clients type in their own information, input their food, print the results and bring the results to you for interpretation. This edition also contains a tutorial on how to navigate the software.

Nutrition Manager Group Instructor Program

We have now expanded the Nutrition Manager Program to include a group training program and individual sessions training. All 8 classes of the group program have been “scripted” and are contained in an easy to follow manual for trained staff to follow. The individual program contains 10 session outlines. The cost for this training is included in the one time set up fee.

Once Nutrition Managers have completed two group programs or 10 individual programs they may elect to incorporate our youth programs. Call Dr. Pentz directly for more details.