**EWSNetwork - Initial Consultation Pre-Amble**

***Have you heard about what EWSNetwork has to offer?***

EWSNetwork has plenty to offer:

* lunch and learns i.e. menopause information session, healthy eating
* group classes i.e. Zumba, pilates, yoga, walk/run programs
* Specific group programming i.e. Extreme Lifestyle Makeover, The Biggest Loser
* One on one programming

***What is offered in a one on one consultation?***

Physical Activity:

* Design personalized programs for the gym or home
* Measurements for accountability and tracking of success
* Ideas on how to engage your whole family in healthy habits
* Weight loss/weight gain
* Specific strengthening/stretching exercises for a reoccurring injury

Nutrition:

* Meal plans
* Fast and healthy recipe ideas
* Alternative healthy snacks
* Food labelling
* Food combinations

Stress Management:

* Ideas on how to better manage your stress
* Ways to cope and reduce stress

Sleep Enhancement:

* How to improve your night’s sleep
* How to incorporate downtime or relaxation into your lifestyle

All of these factors are discussed in a one on one consultation. Today we are going to begin with an initial assessment where I ask a variety of questions pertaining to these topics. Please feel free to stop and ask any questions at any point.