

BE YOUR BEST YOU!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUTRITION AT YOUR HANDS

- Healthy eating information can be found at the Oshkosh Community YMCA website, Facebook page and posted throughout each program center.
- Watch for monthly nutrition workshops focused on special themes or topics. Get a taste of what our nutrition program has to offer you!

WORKPLACE WELLNESS

Get your company involved in our Workplace Wellness Program. The opportunities are endless: Nutrition Classes, 1:1 Personalized Counseling, Workplace Challenges & More!!

Kate Harrell, MS, RDN, CSSD, LD

A healthy
outside starts
from
the inside.



For more information about nutrition programs and services, stop in or call either Oshkosh YMCA!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A HEALTHY OUTSIDE STARTS FROM THE INSIDE

REGISTERED DIETITIAN /
NUTRITION SERVICES +
WORKPLACE WELLNESS

Kate Harrell, MS, RDN, CSSD, LD



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OSHKOSH COMMUNITY YMCA
www.oshkoshymca.org

DOWNTOWN
236-3380 • 324 Washington Avenue
20TH AVENUE
230-8439 • 3303 W. 20th Avenue

A healthy outside starts from the inside.

OSHKOSH COMMUNITY YMCA

Consuming a sensible, balanced diet can help us to achieve optimal health throughout life. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. We need a wide variety of different foods to provide the right amounts of nutrients for good health, and our Registered Dietitian can help you learn to achieve that maximum benefit through these beneficial programs.

WHAT IS A REGISTERED DIETITIAN NUTRITIONIST?

A Registered Dietitian Nutritionist (RDN) is a food and nutrition expert who takes the science of nutrition and puts it into healthy living solutions for you. They are certified by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics while continuing their education. The majority of RDNs work in hospitals and other healthcare facilities. Some RDNs work in community or food service settings, academia, and research.

WHAT CAN AN RDN DO FOR YOU?

We have an RDN available to you at the Oshkosh Community YMCA! Your body is a machine and food is its fuel. Ever wonder what affects your nutrition might be having on your "healthy lifestyle" engine? *Meet with our RDN to have your individual needs met and questions answered!*

DID YOU KNOW THAT YOU CAN INTERCHANGE SESSIONS WITH YOUR DIETITIAN AND PERSONAL TRAINER AT NO EXTRA COST?

EAT WELL. LIVE WELL. BE WELL.

NUTRITION SERVICES

The Oshkosh Community YMCA is proud to provide nutrition services to its members and to the general public.

PERSONALIZED COUNSELING

Our Registered Dietitian Nutritionist can help you realize your health goals and feel more energetic. Whether your goal is improved nutrition, diabetes management, or weight loss, you can benefit from meeting with our RDN.

SINGLE SESSION

YMCA Member \$50
Activity Member \$70

PACKAGES (MEMBERS ONLY)

3 sessions \$65
Buy 7 / Get 1 FREE \$175

GOLD PACKAGE

12 sessions \$250
24 sessions \$500

WEIGHT LOSS PACKAGE \$300

- 3 sessions with Dietitian
- 8 sessions with a Personal Trainer
- 1-hour Weight Loss Consultation



MEET YOUR REGISTERED DIETITIAN NUTRITIONIST:

Kate Harrell, MS, RDN, CSSD, LD

Kate LOVES to run long distances and has successfully completed over 20 marathons including 4 Boston Marathons, multiple 50k ultras and a 50-mile ultra on the Pacific Crest Trail. She loves the unique challenge that each race provides and

enjoys applying the science of her profession to the sport she enjoys most. This practical knowledge has helped her enhance her sports nutrition knowledge base and help athletes achieve their performance goals.

Kate loves to integrate all aspects of wellness in her nutrition coaching. She enjoys helping people get more out of their exercise and wellness programs by improving their nutrition. Having grown up spending much time on her grandpa's farm, Kate is also a strong proponent for whole and local foods as a means for bettering health and supporting community.

Kate wants to reassure you she is NOT the food police. She will help you set goals that make sense for you, move at your own pace towards those goals, AND find creative ways to achieve them. No matter your goal, Kate is here to help YOU!



What can an RDN do for you? An RDN will provide you with the best advice on food and nutrition to help you improve your lifestyle. Through measurements, nutrition history and goals, the dietitian will work hand-in-hand with you to make changing your lifestyle worth it!