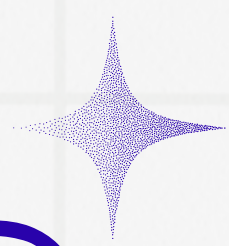


Not Another



New Year's

Resolution

2026



12 weeks to fuel sustainable wellness

WHAT THE PROGRAM IS

This 12-week virtual program is designed to bring together adults who want to improve their eating habits, energy and relationship with food - without restriction, guilt or rules.

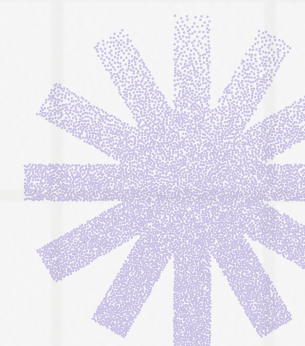
You'll learn the nutrition strategies that actually create long-term change, with weekly support, a community of support, and personal guidance from a registered dietitian.

We're ditching perfection and embracing consistency, flexibility and simplicity.

WHO IT'S FOR

this program's for you if you...

- have a history of starting and stopping diets - you've "tried everything"
- want to find balance and consistency with meals, food shopping, and movement
- want to feel better without obsessing over weight
- thrive with structure + accountability
- want to find a realistic approach that's tailored to you - not a "challenge" or overhaul



WHAT'S INCLUDED

- 12 weekly virtual live sessions (60 minutes) with a registered dietitian
- Practical, evidence-based guidance for creating a positive relationship with food, integrating healthy eating with movement, stress management and sleep
- Simple, nutritious meal and snack ideas you can adapt to your life
- Collaboration with others who share similar goals and barriers
- The ability to break free from cycles of over-committing to diet and workout plans that ignore your unique needs

Starting January 2026!



TRULY FUELED NUTRITION COUNSELING