



Nutrition

Most people recognize the importance of healthy nutrition, as well as the multiple benefits associated with balanced dietary habits. In conjunction with weight control, a properly implemented nutrition plan can significantly improve energy, sleep quality, cognition, mood, and many of the supporting elements related to disease risk reduction. However, for many of us, consistently making healthy dietary choices is a challenge.

Meet with our Registered Dietitian and let her assist you in achieving your personal health, weight and fitness goals. Our dietitian is dedicated to helping each member of your family reach his or her health and wellness goals in a timely manner. You can't put a price on your health. Learn how to start eating healthy and making smarter food choices, today!

Nutrition Consulting

Liberty Athletic Club offers nutrition coaching with Liberty's RDN, Bethany Williston. Bethany specializes in sports nutrition, weight management, food allergies and intolerances, and diet during menopause. Her focus is on making small diet alterations that have a big impact on overall health. She accomplishes this by evaluating clients current diet, suggesting improvements, and working with the client to formulate a diet plan they can successfully follow to achieve their goals.

Choose Nutrition Consulting if you have questions about:

- Losing weight
- Fueling student-athletes
- Avoiding foods that cause discomfort and/or allergic reactions
- Using nutrition to decrease the effects of menopause
- Learning how to balance work, exercise, and a healthy diet
- Lowering the percentage of body fat
- Assessing your children's diet
- How to prepare healthier meals and snacks
- Choosing a diet that is better for the environment
- Dealing with increased weight that comes from a slower metabolism and aging
- Using diet to improve health issues like pre diabetes, diabetes, high blood pressure, high cholesterol, osteoporosis, heart disease, stroke, and obesity

Nutrition Consulting Options

30 Minute Session

Member-\$40.00

Non Member \$45.00

The 30-minute single session is for individuals with specific questions about a singular nutrition topic, or for those who have already completed the three session package and want an additional follow-up session(s).

Package (3) 60 Minute Sessions

Member \$225.00

Non Member \$250.00

The three session package is geared toward individuals who want to obtain personalized nutrition advice for themselves or for their families.

Clients who purchase this package will meet with Bethany for three 1-hour sessions.

Before the first meeting, clients will complete a 3-day dietary record (*provided by Bethany*) which they will then discuss at the first meeting. Additionally, at this initial meeting, clients will review their health history; including diet and exercise, and create three short-term goals.

At the second meeting, Bethany will talk more in depth about individual nutrients and their impact on overall health. The second session will close with clients modifying or reinforcing their initial goals based on the new information.

At the third and final session, based on their work together, Bethany will provide clients with personalized, evidence-based strategies that will help them continue to strive toward nutrition wellness. All three sessions must be used within 60 days of the initial session.

How to Schedule

To schedule your nutrition consulting session(s), email Liberty's RDN, Bethany Williston, at bethany.williston@libertyathletic.net.

Registered Dietitian & Nutrition Specialist

Bethany Williston, M.S., RDN

Bethany Williston, M.S., RDN, is a Registered Dietitian and a Nutrition Specialist. Bethany earned both her Master of Science in Nutrition and her Master of Science in Kinesiology degrees from the University of Michigan.

A lifelong swimmer, Bethany was a member of the 6-person Channel for ALS relay team that broke the World Record for a double-crossing of the English Channel in July 2012.

Bethany is a member of the Academy of Nutrition and Dietetics.



Revised October 24, 2022

Nutrition *Consulting*



2975 W. Liberty Rd., Ann Arbor, MI 48103
Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net