



Virtual *Nutrition Coaching*

Liberty Athletic Club is excited to announce the availability of virtual 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 listening to client food preferences, suggesting changes, 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 the increased weight with aging and slower metabolism
- Using diet to improve health issues like pre-diabetes, diabetes, high blood pressure, high cholesterol, osteoporosis, heart disease, stroke, and obesity



Nutrition Consulting Options

Individual

30-minute single session: \$45

For individuals with specific questions about a singular nutrition topic, or have already completed the three-session package and want additional follow-up sessions.

3-session packaged: \$149

For individuals wanting personalized nutrition advice for themselves or their family. We dedicate 60-minutes for your first session to review health, exercise, and nutrition history, including the review of a 3-day dietary record you'll submit 48 hours before the initial session. Your second two sessions are each 30-minutes and dedicated to helping you modify or reinforce the strategies and goals established in your initial session. All sessions must be used within 30 days of the initial session.

How to Schedule

To schedule your nutrition coaching session, email Liberty's RDN, Bethany Williston, at Bethany.williston@libertyathletic.net.

All virtual sessions will be conducted through Zoom. The Zoom meeting ID will be sent via email after each session is scheduled.

Registered Dietitian and Nutrition Specialist

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.