



Peer Educator Nutrition Consultation

Service Description:

Meet one on one with a peer educator to review your 24-hour food log journal, complete a body composition analysis test and review your dietary goals.

- 1 hour consultation includes the following:
 - body composition analysis utilizing the In-Body 520 machine
 - Review of 24-hour food log
 - Utilize Diet Analysis Plus version 8.0.1 as well as an online program to help track food intake and exercise
 - Goal setting for weight loss/gain
 - Educational component on dietary recommendations
- Using the Diet Analysis Plus version 8.0.1 you will extensively review the following:
 - Dietary needs and goals
 - Breakdown of macronutrient ranges
 - My pyramid analysis based on your caloric needs
 - Analysis of intake vs goals

Post-Session Take Away(s):

- Summary report
- New resources to help you reach your dietary goals.

Prior to your consultation you will need to fill out a **24 hour food log and Basic nutrition Assessment forms** that can also be found at the FitWell Center or printed from the link below. You will be contacted within 72-hours of turning in your request packet.

Also, please look over the brochure of Do's and Don'ts for preparing for your Body Composition Analysis.

Meet the Peer Educator:

Elizabeth Kading is a senior at Loyola Marymount University. She has completed nutritional coursework and has an extensive knowledge of nutritional resources and education. She is very involved in LMU athletics and has a passion for exercise and nutrition.

*Request forms are available at the FitWell Center during regular office hours or can be found online at www.lmu.edu/campusrec on the Fitness & Wellness page.

