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What to Expect from Virtual Nutrition Coaching

Welcome! You're here because you want to do better with your eating so you can live a healthier life and feel great. Maybe you've just committed to healthier habits and eating is a struggle. You might be tired of the diet rollercoaster and are ready to find sustainable, realistic solutions to your eating struggles. Whatever your reason, you've shown up and that shows courage. You're in the right place.

Instead of a one-size-fits-all meal plan, I want to help you cultivate your intuitive ability to make decisions about eating. You will know how to work with your appetite instead of against it. You will learn to achieve satisfaction so you can eat it and forget it, putting food back in its place as just *one* of the pleasures of life. I want to empower you toward confidence and peace with food. Let's get your food freedom and joy back!

Here's what you can expect from our work together:

Visit #1: Assessing Your Individual Eating Needs & Challenges -- 50-80 minutes

I want to get to know you thoroughly. We will review your health history, your relationship with food and body, and what is presently going on with you and your eating. I will ask you many questions about your current lifestyle and eating habits so I have a clear picture of your needs. Then, we will discuss your goals for eating, body image, relationship with food and what you're looking for in terms of overall quality of life. Depending on the time we have, we may choose one small new habit to get started on. After your visit, I will email you a summary of my assessment and my recommendations for a plan of action. I'm here to guide, but you're in the lead.

Follow-up Visits: 20-50 min

Based on the initial assessment as well as your personal goals, I will coach you on how to implement new eating habits. These visits will identify other areas we need to address and give you support for the good work you're doing. You will have begun learning new skills and perspectives about eating and food. Some of these will come easily, others will require more practice and fine-tuning. I am here to support you and help you troubleshoot when a challenge arises until you feel confident in your eating competence.

How many sessions will this take?

In order to personalize a plan that's right for you, *the minimum number of visits I recommend is four*. This allows a session for assessment of your situation, a couple sessions for goal setting and troubleshooting, and a wrap-up session to be sure things are going well for you. Many people need continued support beyond these visits. Especially in the case of disordered eating or long-standing food struggles.