

Discover Nutrition Coaching

Welcome!

Nutrition coaching is about helping you make sustainable, personalized changes to improve your health and well-being. It's not about quick fixes but building lasting habits that work for **you**.

What is Nutrition Coaching?

- **Goal Setting:** We'll define your goals and create realistic steps to reach them.
 - **Education:** Understand how nutrition affects energy, mood, and health.
 - **Sustainable Habits:** Develop habits like meal planning and mindful eating that fit your lifestyle.
 - **Support & Accountability:** I'll guide and motivate you through any challenges.
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How Can I Help You?

- **Create Balanced Meals:** Learn to build meals with protein, fiber, and healthy fats.
 - **Mindful Eating:** Recognize hunger cues and eat without distractions.
 - **Hydration:** Stay hydrated with simple strategies (e.g., drink water before meals).
 - **Overcome Barriers:** We'll address common struggles like emotional eating or time constraints.
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Quick Tips for Success

- **Balance Your Meals:** Protein + fiber + healthy fats = fullness and energy.
- **Listen to Your Body:** Eat when you're hungry, and stop when satisfied.
- **Plan Ahead:** Preparing meals or snacks in advance helps avoid unhealthy options.
- **Stay Hydrated:** Aim for 9 cups of water daily—more if active!

Next Steps:

1. **Set One Goal:** Choose one nutrition-related goal to focus on (e.g., more water, balanced meals).
 2. **Track Your Habits:** Track your meals for the next week to spot patterns.
 3. **Ask Questions:** Reach out if you need help or have any questions!
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We're in this together! Let's take small, steady steps toward a healthier, more energized you.

Contact Information:

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