

# Life without Limits: Maturing Well

***Call for Your TI Benefit to  
Start May 18 or June 22***

Are you over 50 or planning on being over 50 some day?

Eating well as we age can be very important to quality and quantity of our lives. Food provides the energy and nutrients we need to be healthy. Studies show that a good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart disease, certain cancers and dementias.

As you age, you might need fewer calories, but you still need just as many of the nutrients in food. The RDs at Professional Nutrition Therapists will computer analyze your nutrient deficiencies and excesses and follow with a plan personalized to your choosing for getting more health and fun from your eating habits.

## Topics of Discussion

Eating for a young heart/mind with a grocery shopping tour (either virtual or actual), budgeting with an eye to over 50 rather than under 50.

Succeeding against sarcopenia and osteopenia/osteoporosis

Gifting self through attention to stages of sleep and circadian rhythm

Spotlighting the real story about Vitamin D and other supplementation

Medicating and brain health

Exposing nutrition myths (an interactive plan)

Storing and cooking questions: microwave, plastics

Planning financially for the years ahead

Downsizing in the Kitchen - cooking for 1 or 2

Choosing the right organic foods and avoiding the dirty dozen

Walking faster associated with living longer/better

Exercising with disabilities

Selecting the fad diet that slows aging

Exploring the pathways to dementia and how to avoid them including obesity and how to change weight quickly and healthfully at any age

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Healthy aging and Cancer Prevention: the right focus is never too late!

Individualized goals based on current medical and/or food issues. ParQ and nutrient analysis including a print-out of your own average calorie, fat, carbohydrate intake as well as vitamin/mineral comparisons with evidenced-based recommendations. Medical Nutrition Therapy (MNT) covered by your TI BCBS benefits plan, Medicare waived, for over 270 diagnoses; copay \$12.50

Individual services offered:

Resting Metabolic Rate Measurement with or without MNT consult - \$8.50 copay (covered by TI BCBS benefits plan; Medicare waived)

Nutrient Analysis by Food Prodigy or Nutrihand, with MNT consult \$12.50 copay with BCBSTI or \$125 without. Meal Planning at PNT w/client or alternate client site w/internet \$12.50 copay.

Body composition free with class.

EKG Bicycle Ergometry – \$12.50 copay with course.

Vitamin D testing to determine your individual need – will call Lab Corps

Genetic test for weight management or cardiovascular disease or periodontal disease prevention and

treatment with MD review plus MNT consult and RMR \$349 or \$224 with test and MD review only.

Take Shape for Life Program, weight management with inexpensive, delicious meals delivered to your home. \$12.50 copay plus \$250+ for food home-delivered per month.

Mediator Response Testing for food sensitivity/allergy triggering irritable bowel syndrome or chronic diarrhea or heartburn or fibromyalgia or arthritis or joint and muscle pain or chronic fatigue or insomnia or skin eruptions or migraine and other headaches plus MNT, \$195 - \$225 plus \$12.50 copay.

DAWN program for prediabetes, Type 1 or Type 2; individual or group plan \$12.50 copay per hour of 7 hour program with free glucometer and materials.

Better Homes and Bodies: RD comes to your home for pantry/refrigerator makeover; provides supermarket tour with MNT consult. \$12.50 copay per hour.



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