



Helen to The Rescue

The Value of a Nutrition Consultant!

I know what to eat; it's just a matter of doing it! Does this sound familiar? You've read all the books, you've tried the latest and greatest new diet, and maybe you've counted calories or carbs. I often hear clients say they don't need a nutrition consultant because they already know what to eat and what to avoid.

Why aren't you getting the results you want?

Health information (some reliable, some not) is more widely available than ever. If you want to educate yourself on what to eat, you can do so with a fair amount of (google) ease. Yet you continue to struggle!

If you think nutrition and health coaching is a lecture about eat this, don't eat that, you're dismissing what could be a valuable resource. Food, physically and emotionally, is central to so many aspects of our life. Having help can aid in getting a handle on your personal challenges. A consultant serves as a coach to guide behavioral changes to your real life.

So Close, yet so far!

A pro can help you identify and work through barriers. They serve as an outsider who sees things from a different perspective and point out what's working and what's not. It's normal for your eating patterns to need a little maintenance as you progress with a diet or new path. Someone who has seen all kinds of setbacks and challenges can help you successfully troubleshoot problems. They can help push through plateaus or navigate tricky situations like vacations, family festivities, or a hectic schedule.

You're not alone

Having someone else to be accountable to when you set goals can be a great motivator when it comes to sticking to those action steps. Knowing you have an appointment coming up reminds you to make a choice you'll feel good about sharing. They will periodically check in to remind you of what you're working on and offer support so you don't lose sight of your goals or feel like you're drowning when life gets overwhelming and meal planning seems impossible.

Your resource on call

You'll save time and money by making sure you buy the right foods and put your hard-earned cash toward ingredients and ideas that help you get you closer to your goals. For those times you're feeling down, having someone there to point out how far you've come and

how capable you are can turn your mood around and help you stay motivated.

Sweet dreams are made of cheese- who am I to dis a brie?

Yours in Fitness,
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Owner of Unique Health & Fitness
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Helen's love of fitness began at an early age. She practiced dance and gymnastics as well as track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant and Senior fitness specialist.

**EXERCISE YOUR RIGHT
TO MOVE IT *and* LOSE IT!**

**Personal Training
Iyengar Yoga
Massage Therapy
Acupuncture
Private Spin
Mat Pilates Classes
Nutrition Consulting**



**YOUR
SOLUTION
to the
FITNESS
PUZZLE**



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