

# Clinical Nutrition Fact Sheet

**Welcome to The Clinical Nutrition Program© at The Hetrick Center.**

The Clinical Nutrition Program© at The Hetrick Center has the ability to optimize your body's natural functions and defenses.

At The Hetrick Center, we believe that health and wellness are not about numbers on a scale, body size or age. Health is about balance and vivacity.

Eating is essential to living, so how did it become so difficult to eat properly? With the help of our Registered Dietician, you can begin to feel alive rather than just living.

**Together, let us get back to the basics of nutrition.**

## Our Three-pronged approach toward better living

### **1. Healthy Eating** Are you filling or fueling your body?

The human body was designed to eat whole, unprocessed foods. Learn the nutrient-dense foods you should be eating to thrive.

### **2. Behavior Modification** Our Nutrition Coach will motivate you to make small lifestyle changes, one step at a time, to transform your life.

### **3. Movement** Physical conditioning is critical to optimal health. Our trained staff will help you find a fitness program you enjoy.



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