

What will you get...

from virtual nutrition coaching



Access to a **comprehensive online portal** individualized **just for you!**

- Available 24 hours a day, 7 days a week
- Track food, exercise, weight, sleep & progress towards your health goals
- Record pre-meal hunger, post-meal fullness, reflection on meals
- Post meal photos & gym selfies directly to your dietitian



Message with your personal dietitian **in real time**

- Technology has made it convenient & accessible for one-on-one communication with your dietitian right when you need it most (What smoothie should I order? Is ascorbic acid safe in my food? How many grams of sodium is too much?)



Convenient **online videoconferencing**

- HIPAA compliant
- Takes the stress, time & ultimately cost out of driving to and from appointments



Personalized **Eating Plan**

- ...that doesn't compromise what's important to you (taste, dessert, restaurants)!



Accountability Partner

- The glue that ties commitment to results

What to expect:

It's **not** a "fix" or "cleanse". It's **not** a diet plan. It's not a fad.

- This is me cheering you on as you grab your life by the horns and really rock it out.
- This is me telling you what has worked for me and my clients long term.

It's **the real deal**: no magic potions, no special procedures.

- Only research based recommendations
- Organized in a timely manner
- Advice from a licensed dietitian nutritionist

How do I start?

1. Visit: www.CassandraGolden.com
2. Fill out the **connection card** & click nutrition counseling & click submit
3. You'll receive an email back requesting a FREE initial phone consultation
4. You'll receive an invitation to the online portal (www.GetHealthie.com) to complete initial online paperwork
5. You're now on your way to the rest of your years being your **healthiest** years!

The Vision:

Believing in the life changing benefits of good nutrition. No fad diets. No pills. Only fresh, whole foods with practical guidelines

that can be followed forever.