

MSU offers customized nutrition counseling

Want to have more energy, be more active and improve your health? Personalized nutrition counseling can help.

by Karen Giles-Smith

The Sports and Cardiovascular Nutrition Clinic at Michigan State University has opened its doors to the community. Until recently, the staff of registered dietitians provided individual and group nutrition counseling primarily to high school and college athletes. Now, evidence-based nutrition counseling is available to anyone interested in learning how nutrition can increase energy, enhance health, improve athletic performance or assist with recovery from sports injuries. Counseling with registered dietitians is available in person or by phone.

“What’s unique about our clinic is that we integrate the exercise component and the nutrition component,” says Christine Bradd, coordinator of MSU’s Sports and Cardiovascular Nutrition Division. “All our staff members have nutrition and exercise science backgrounds. We can help everyone, whether it’s a baseball player with diabetes who needs a nutrition and hydration plan for a weekend tournament, someone training for their first 5K, or an adult with high blood pressure who wants to lose some weight and start exercising.”

Nutrition counseling is customized, based on each individual’s nutrition needs, nutrient intake, and lifestyle. “We listen to people’s needs: What’s going on in their lives that may affect what they eat,” says Carrie Banner, clinic staff member. Katie Murtha, another clinic staff member agrees and adds, “We recognize that there’s more to eating than just food. We help people develop a vision and goals. We focus on appetite awareness and mindful eating instead of calorie counting. Many people are looking for an efficient, healthy, budget-friend-



Hearing Health Center

Complete Evaluation by Certified Audiologists

“We Listen!”

- Pediatric and Adult Hearing Evaluation
- Hearing Aid Evaluation and Selection
- Newborn Hearing Screening
- Custom Hearing Protection
- Assistive Listening Devices

LANSING • 517.364-5678
1200 E. Michigan Ave., Suite 330
Located in Sparrow Professional Bldg



Haslett Redi Care

quick, convenient, quality care

Let us wait on you.

We provide pagers that will notify you when we are ready to see you, leaving you time to attend to the important things in your life.

www.haslett-edicare.com
1623 Haslett Road, Haslett, MI 48840
(517) 339-2100



Christine Bradd



Joseph Carlson



Katie Murtha



Carrie Banner

The MSU Sports and Cardiovascular Nutrition Clinic is located in the Eyde Building on Hagadorn Road on MSU's campus in East Lansing, adjacent from the Michigan Athletic Club.

For more information call 517-884-6132.

ly, nutritious way to eat. As a graduate student, I'm an expert at that! I cook simple, quick, tasty meals myself. Many people don't know how to cook and need the 'how-tos'—the techniques. We can help." Services include analysis of body composition, nutrient intake, dietary practices and energy needs; and development of a personalized nutrition plan including strategies to improve body composition and reduce injury, illness, and health risk factors such as cholesterol and blood pressure. The staff is also qualified to address special nutrition issues such as iron deficiency anemia, stress fractures, disordered eating and impaired immune function. Other options include grocery store tours, team education and seminars. In the future, the clinic also may offer VO2 max testing, a measurement of aerobic capacity.

"Nutrition is so important but it's often overlooked," says Bradd. "When people are feeling sluggish, not performing well, or not feeling well, it could be due to not eating enough, not staying hydrated or not getting enough sleep." Bradd believes that personalized nutrition counseling is beneficial. "It's well worth it to stay safe and get results. It's all about empowering people with real life solutions to feel better and reach their goals."

Karen Giles-Smith, MS, RD, is a registered dietitian and freelance writer based in Mason, Michigan. Visit her Web site and blog at www.TheWellness-Writer.com

Swamped with T-shirts?
Too Cool T-shirt Quilts Can Help!

Olivet Michigan 269-749-9249

www.TooCoolTshirtQuilts.com

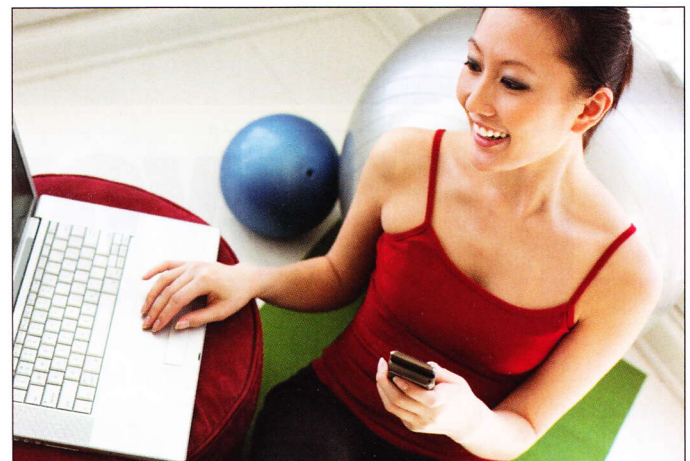


Do you have what it takes to be a Healthy & Fit cover model?

We're looking for new cover models for future issues of Healthy & Fit Magazine. Men and women are welcome to call or e-mail Erica Spencer if they are interested. No experience necessary.



Erica Spencer Photography
espencer.net • 517.980.4951



Stay Healthy & Fit

all month long

• Health News • Blog Updates • Local Events

facebook

Become a Fan:
Healthy & Fit Magazine

twitter

Follow us:
HealthyFitMag