



## A Call to Change ... Healthy Eating, Healthy Life<sup>SM</sup>

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Ask five people what healthy eating means — you'll probably get five different answers. We are constantly exposed to mixed messages about nutrition, yet choosing the right foods can improve your health. Eating healthy can also increase your energy level, enhance athletic performance and combat stress. Whether you want to make changes in your eating to help prevent disease, prepare for a marathon, or simply feel better, HealthPartners *Healthy Eating, Healthy Life* phone course can help you achieve and maintain your nutritional goals.

The course can help you make healthy food choices and improve your overall health.

Working one-on-one — at your own pace — you will learn about:

- ✓ Making healthy food choices using the new Dietary Guidelines
- ✓ Setting a personalized plan to meet your nutritional goals
- ✓ Tools and resources that can help you achieve your goals

### **Here's how it works:**

- ◆ You'll talk one-to-one with a registered dietitian during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll complete workbook activities on your own time that will give you the tools and personal guidance you need to meet your healthy eating goals.

For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.