

FERNWOOD NUTRITION







In our continued endeavour to be the leading experts in women's fitness and wellness, we understand the importance of cutting edge, quality nutrition advice, programs and services.

Fernwood Nutrition has three tiers of offerings.

1. Core network offering

Food & Mood Coaching Program (group program, facilitator led)

2. Optional offering

Nutrition Coaching (1:1 sessions by a nutrition professional)

3. MyFernwood Recipe Plans for purchase





FOOD & MOOD PROGRAM – A core network offering

- Mindset, motivation and delicious food for your health and weight management goals
- Combining Mediterranean eating principles with powerful mindset and behavioural coaching, this program is for women who want healthy and sustainable results.
- Feel supported by a experts and a community of wellness focused women.
- Facilitate personal development, including how you think and feel about yourself and food.
- Practical nutrition tools and recipe plans for optimal results.



The Food & Mood program is divided into Phase 1 (weeks 1-6) and Phase 2 (weeks 7-12) which may be packaged and sold as one 12-week or two separate 6-week programs (we recommend the latter) at any time during the year – we HIGHLY recommend running Food & Mood ongoing as a new member program for maximum engagement and potential for goal achievement in the first 6-12 weeks of their membership

Each phase includes:

- Weekly in-club Food & Mood workshops
- Mindset and mindfulness activities
- Meditations
- Weekly online content
- Recipe plans, nutrition task lists
- Food & Mood eJournal
- Additional resources
- And much more



WHY FOOD & MOOD

Emotions, happiness and satisfaction affect the choices we make daily.

Happiness, mood, mindset and emotions play a large role in how successful our members are at sticking to a healthy eating regime. Generally speaking, most people know what to eat to be healthy or achieve specific outcomes. Where many people fall short is in the understanding and management or their thoughts, feelings and behaviours that determine whether they can create a lifestyle of healthy habits for optimal results vs being stuck in war on food, which is where so many women often find themselves.

Food affects mood

You're probably familiar with the phrase 'you are what you eat'. We know that the food we choose to fuel the body not only affects metabolism and physique, but also gut health, mental health and mood. We know this from the work that is being done at the Food and Mood Centre at Deakin University. This underpins our adopted nutritional philosophy that supports our food programs and recipe plans – the Mediterranean way of eating.



WEEKLY WORKSHOPS & TOPICS

Weekly Workshops

A core part of Food & Mood is the weekly group workshops that take place each week of the program. These include activities, discussions and mindful practices such as meditation and reflection.

Workshop Facilitators

These are facilitated by a chosen member of staff whom is passionate about and familiar with the program, who is a confident speaker and can competently facilitate group discussions and activities. They are not required to hold a nutritional qualification, though it is advised.

Topics

Week 1 – Introduction & Welcome

Week 2 – Nourish your body

Week 3 – Nourish your mind

Week 4 – Mindfulness & mindful eating

Week 5 – Finding balance

Week 6 – Stress and success sabotage

FOOD & MOOD

COACHING

PROGRAM SCHEDULE OVERVIEW

	THEME	WORKSHOP AND ONLINE TOPICS	NUTRITION TASK FOCUS
WEEK O1.	introduction to Food & Mood	Welcome Intro and welcome Why food and mood Mediterranean eating SMART Goal Food & Mood Mantra	Mediterranean Standard and veg 1500cal Key focus: Water Intake
WEEK O2.	Nourish your Body	Food is information Not all calories are equal Gut HealthMicrobiome	Mediterranean Standard and veg 1500cal Key focus: Water Intake + Green vegetables
WEEK O3.	Nourish your Mind	+ Food - friend or foe? + Self-talk + Bellefs + Mindset	Mediterranean Standard and veg 1500cal Key focus: Water Intake + Green vegetables + Rainbow Foods
wеек 04.	Mindfulness & Mindful Eating	Mindfuiness Mindful eating Food labels Portion sizes Physical Vs. Emotional eating Eating out, socializing and alcohol	Mediterranean Standard and veg 1500cal Key focus: Water Intake + Green vegetables + Rainbow Foods + Powerful proteins
WEEK O5.	Finding Balance	Blood sugar balance and weight management Glycemic index Vs. Glycemic Loadinsulin / Glucagon Work-life balance	Mediterranean Standard and veg 1500cal Key focus: Water Intake + Green vegetables + Rainbow Food + Powerful proteins + Low GL carbohydrates
WEEK 06.	Stress & Success Sabotage	How stress can affect results Stress physiology and weight management Management of stress and self-sabotage	Mediterranean Standard and veg 1500cal Key focus: Water Intake + Green vegetables + Rainbow Foods + Powerful proteins + Low GL carbohydrates + Essential fats



FOOD & MOOD GROUP WORKSHOPS

In the week leading up to the start of your Food & Mood program, participants should be booked in for a pre-program assessment. Recommend this is NOT a part of the first workshop, but a separate 'preparation' session that may be run as a group for all participants together before the official start date of the program or individual bookings.

Depending on your club offerings/set up, this session may include:

- Body scan
- Girth measurements
- Weigh in (NB: we recommend weight is measured pre-program; middle of program; and end of program only as opposed to daily/weekly).
- Photographs

These same assessments can be completed at the end of the 6 weeks in a way that suits your club and members. It is important that as many parameters around the assessment remain equal in both the pre- and post-assessment as possible such as time of day, staff member, participant clothing etc.



RUNNING YOUR WORKSHOPS

You will need to:

- Appoint a committed and organised program/workshop facilitator
- Follow the flow of the 'Workshop flow and scripts' document for each workshop
- Follow the equipment list for each workshop
- Stick to timeframes and move conversations along if you need to
- Facilitate equal sharing form participants in the room so everyone feels included

WORKSHOP DATES AND TIMES

The workshop dates and times should be clearly communicated to participants at point of sign up. We recommend running these on the same day/time each week for the duration of the program.



FACILITATOR TRAINING & RESOURCES

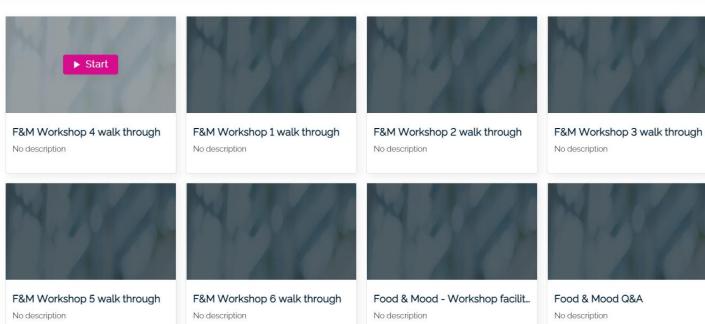
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Additional Online Resources - FINAL	March 9	Emma Robertson
Facilitators Resources- FINAL	March 9	Emma Robertson
Food & Mood Journal	April 27	Emma Robertson
Recipe Plan PDFs	March 9	Emma Robertson
Shopping Lists - FINAL	March 9	Emma Robertson
Weekly Nutrition Task Lists - FINAL	March 9	Emma Robertson
Weekly Summary Videos	March 9	Emma Robertson
Workshop handouts - FINAL	March 9	Emma Robertson



VELPIC TRAINING VIDEOS

<u>Library</u> > Food & Mood Workshops >







STAFF RESOURCE - WORKSHOP FLOWS AND SCRIPTS

WORKSHOP (WEEK) 1 - Intro to Food & Mood

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- · A comfortable space for chatting and sharing
- · Herbal teas

Resources:

- · Week 1 workshop handouts
- Pens
- · Printed PDF eJournal (one master copy to refer to throughout the workshops)
- · Food Groups PDF
- Simple Swaps PDF
- Week 1 Nutrition Tasks
- · Week 1 Meal Plan (print from MyFernwood)

Overview: Session duration - 1 hour - 1 hour 15 minutes.

- · Welcome and intro 7 minutes
- Icebreaker and group introductions 25 minutes
- · eJournal overview 5 minutes
- · SMART goal 2 minutes
- · Food & Mood mantras 7 minutes
- · Meal plans and nutrition tasks 5 minutes
- · Online content and additional resources 1 minute
- Setting up for success 7 minutes
- · Session close 1 minute

Session flow

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

Welcome and introduction - 5 minutes

Welcome everyone to your food and mood program as part of your Shine Challenge. My name is/ we areand l/we are excited to have you here and can't wait to support you throughout the next 6 weeks.



COACHING

GUT HEALTH

HOW MUCH DO YOU KNOW ABOUT YOUR GUT HEALTH?

Our gut houses a vast community of bacteria that helps in keeping us healthy and disease-free. This is what we call the gut microbiome. It is important to know the characteristics of a healthy gut and the microbiome's role in Improving overall health.

Signs of a healthy and an unhealthy gut

So, what does a healthy gut look like? An overall healthy gut has effective digestion and absorption of food, regular bowel and transit time, absence of iliness, a healthy population of microbiome, and a normal and effective gastrointestinal (GI) barrier.

Having a diet that consists of ultra-processed foods filled with refined sugars and fats, chemicals, additives and preservatives can affect the environment of the gut. This contributes to having poor gut health and can lead to an increased risk for some health complications, such as unexplained weight gain or obesity, bloating and flatulence, constipation and diarrhoea, anorexia, acid reflux, heartburn, food intolerance, dyspepsia and irritable bowel syndrome.

How does it affect our mood?

There is a connection between your gut and brain, linked to your serotonin and its receptors that are mostly found In your gut.

It is important to note that serotonin regulates your sleep, mood, appetite, pain, stress responses and other bodily processes. Its production is influenced by your microbiome that also protects the GI barrier from toxins and bad bacteria, and they help activate the neural pathway between your gut and brain.

When the balance of the bacteria is disrupted (dysbiosis) and the gut lining can't function properly, it can cause chronic inflammation, impaired immune function, metabolic syndrome and mood imbalance.

TIPS ON IMPROVING OUR GUT HEALTH

So, how do we improve our gut health? Here are a few ways:

- Adapt a more natural diet like the Mediterranean eating plan which greatly consists of fibre-rich grains, fruits and vegetables.
- Lessen or avoid heavily processed foods that contain additives and preservatives. These foods can promote inflammation that can cause discomforts and illness in the long run.
- Prebiotics are the ones that feed our good bacteria. There are plenty of prebiotic foods across all food groups that you can include in your meals, such as:
 - Vegetables: Garlic, onions, leeks, asparagus, Jerusalem artichokes, sweet corn, dandellon greens, seaweed
 - Roots: Chicory, konjac, burdock, yacon, Jicama root
 - · Legumes: Chickpeas, lentils, red beans
 - Fruits and seeds: Apples, bananas, watermelons, peaches, dried fruit, cocoa, flaxseeds
 - Grains: Barley, oats, wheat bran

WEEK 1 NUTRITION TASK LIST FOOD & MOOD

friendly ingredients.



Νl	JTRITION TASKS	NEXT LEVEL NUTRITION TASKS
	30mL of water per 1kg of body weight each day	(HIGHLY RECOMMENDED)
	+ 1L for every hour of exercise (water intake includes	 Eliminate aicohol
	herbal (non-caffeinated)	☐ Eliminate refined sugar
	Start making simple swaps (see PDF)	☐ Keep coffee and black leaf teas to 1 x per day
	Follow week 1 recipe plan, or create your own using the Food Groups Table (see PDF) for Food & Mood	

PLAN YOUR OWN MEALS USING YOUR OWN RECIPES AND ANY FROM THE NUTRITION TASK LIST, FOOD GROUPS AND SIMPLE SWAPS RESOURCES.

	Breakfast	Snack	Lunch	Snack	Evening meal	Other
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Concerned about your gut health? It is important to first check with your GP about any symptoms you have: regular or concerning bloating, inflammation, constipation/diarrhea. You may also find it helpful to remove gluten containing foods from your daily diet. Refer to the 'Food Groups Table' and the 'Gut Health' downloads for more information.

COACHING

WEEK 1 INTRO TO FOOD & MOOD

WELCOME TO WORKSHOP 1

The Food & Mood program Incorporates mindset, motivation and most importantly delicious healthy food to support you on your health and/or weight management journey. Combining Mediterranean eating principles with

powerful mindset and behavioural coaching, Fernwood's Food & Mood program is for women who want healthy and sustainable results. Whatever your reason for being here, your Fernwood community and fellow participants are here to support you every step of the way. Let's now take a moment to get to know each other.
D1. INTROS With a partner or in a small group take turns to introduce yourself and share:
≻ Your name
What is your program Intention/goal and why this is important to you?
Your all-time favourite food
Use the space below to record your partner's/group members' names and details for sharing back to the room:
My partner's name is
Her program goal/intention is
This is important to her because
Her all-time favourite food is

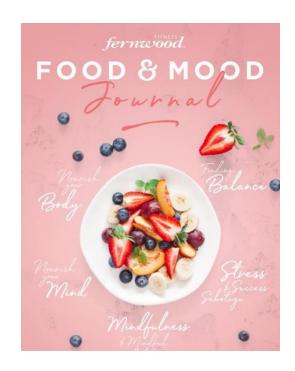
Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg white berry omelette	Almond & berry muesli	Breakfast bruschetta	Egg & veggle breakfast bowl	Almond & berry muesli	Breakfast bruschetta	Breakfast bruschetta
Morning Snack	Cashews & Greek yoghurt	Avocado banana smoothle	Honey & almond yoghurt	Avocado banana smoothle	Honey & almond yoghurt	Avocado banana smoothle	Honey & almond yoghurt
Lunch	Four bean salad	Super veggie tuna salad	Crispy tofu rainbow salad	Creamy Mediterranean pasta	Citrus green bean, wild rice & beef salad	Artichoke & radish soba noodle salad	Chicken & mango salad
Afternoon Snack	Cucumber & hommus	Ricotta, snow peas & almonds	Minty green tea smoothie	Ricotta, snow peas & almonds	Minty green tea smoothie	Ricotta, snow peas & almonds	Minty green tea smoothie
Dinner	Quinoa & chia crusted chicken with green beans	Crispy tofu rainbow salad	Creamy Mediterranean pasta	Citrus green bean, wild rice & beef salad	Artichoke & radish soba noodle salad	Chicken & mango salad	Citrus green bean, wild rice & beef salad



COACHING

SHOPPING LIST (STANDARD) - WEEK 1

	Vegetables, Roots and Herbs
320 g (1/4 large head)	Cauliflower
620g (3 small heads)	Broccoll
3 tsp	Basil
2 tsp	Oregano leaves
1pc	Medium red capsicum
Ve	Small carrots
1pc	Medium cucumber
7-8 pcs	Small tomato
1 ½ cup (115 oz can)	Canned four bean mix
3	Spring onlon
4-5	Garlic clove
1 1/6 tbsp	Parsley
25 g	Colesiaw mix
4 tbsp	Chives
2 slices (1 small)	Beetroot
2 tsp	Lemongrass
60 g	Watercress
2 to 3 pcs	Small red onlons
120 g	Edamame
200 g (1-1/4 medium)	Sweet potato
1 to 1-% pc	Cucumber
2 handfuls	Kalamata olives
1pc	Zucchini
200 g (1 big bunch)	Broccolini
200 g (1 bunch)	Kale
1/2 cup	Canned chickpeas
2 pcs	Cherry tomatoes
50 g	Green beans
5 g	Corlander
50g	Cos lettuce
50g (1/4 to 1/2 small pc)	Lebanese cucumber
	Fruits and Fruit Juices
225 g	Blueberries
6 pcs	Strawberries
75 g	Dates
% pc	Avocado
tbsp (2 medium lemons)	Lemon Juice
1/2 pc	Medium lemon
1 pc	Lime
6 2/3 to 7 pcs	Bananas
	Dairy, Milk and Cheese
640 q	Non-fat plain yoghurt
7 % cups (1.8 L)	Almond milk
% cup	Low fat plain yoghurt
48 g	Parmesan cheese



··· > Documents > Operations Training Manual > Fernwood Nutrition > FOOD & MOOD > ALL FOOD & MOOD RESOURCES > Food & Mood Journal

Name ∨	Modified ✓	Modified By ∨
F&M eJournal - Interactive & Editable.pdf	April 27	Emma Robertson
F&M Journal Print_No_Crops.pdf	April 27	Emma Robertson
F&M Journal Print_version_Crop_Marks.pdf	April 27	Emma Robertson



A huge Fernwood welcome to you! We are incredibly excited to support you over the coming weeks through your Food & Mood coaching journey.

There are 4 core ways in which to fully engage in the program over the coming 6 weeks:

- Online content (right here on this portal)
- Live workshops in club
- Recipe Plans and Nutrition Task Lists (including recipes)
- · Your Food & Mood journal

We invite you to have a read through this page, before completing the pre-program activities. You'll find all the online program content via the buttons below.

PRE-PROGRAM ACTIVITIES SETTING UP FOR SUCCESS WEEK 1 WEEK 2

WEEK 3 WEEK 4 WEEK 5 WEEK 6 RECIPE PLAN



Web content

Each week of the program will have a corresponding webpage with:

- Written content
- Recorded weekly meditation.
- Nutrition Task Lists (PDF for download)
- Additional Resources (PDFs for download)
- Shopping lists (PDFs for download)
- Workshop handout (PDF for download)
- Link to the recipe plans
- Pre-recorded weekly summary video

Mindful moment

Goal visualisation meditation





PLANNING & PROMOTION

Food and Mood has been designed to run ongoing with new (or occasionally repeating) members. Initially they complete phase 1 and then upgrade to the next 6 weeks in phase 2.

Info sessions

Info sessions are a perfect way for members and non-members to experience and get more info about the program offering. An effective info session should be interactive (for example a taster activity or questionnaire), educational and leave the attendees wanting more and ready to sign up to the program on offer. There should be an irresistible exclusive intro session offer to sell the program there and then.

At point of membership sale (highly recommended)

Food and Mood is a perfect add on to a new member's subscription, with rolling programs you can engage new members in a Food and Mood program within the first 6 weeks of their membership. If they join in week one of a current program, they can join and catch up on any preliminary content they have missed. If they join when a current program is in week 2 or more, then we recommend they sign up for the following program in a few weeks' time.

Engaging new members in community-based program with mindset and nutrition coaching will increase their likelihood of success and longevity in club.



Other opportunities for promotion of Food & Mood:

- ➤ In health & wellness check-in appointments
- After body scans
- > In PT sessions
- ➤ In FIIT30 sessions
- ➤ In Empower sessions
- With challenges



BRANDING & MESSAGING

Nourish your body, nurture your mind

Food & Mood Is Fernwood's powerful nutrition and mindset group coaching program.

It is important as with any Fernwood offering that across the network, our look, feel and messaging stays on brand and compliant. Here is some information you could use when talking about Food & Mood:

- The Food and Mood program is Fernwood's national group program that incorporates mindset, motivation and most importantly, delicious healthy food as the foundations for success.
- The program aims to support women on their health and/or weight management journey.
- Combining Mediterranean eating principles with powerful mindset and behavioural coaching, Fernwood's Food & Mood program is for women who want healthy and sustainable results.
- This program aims to facilitate personal development, including how participants think and feel about themselves and their food, as well offering practical nutrition tools and recipe plans for optimal results.



BRANDING & MESSAGING

We have created a list of benefits we can use in promotions of Food & Mood. These include:

- Receive guidance in setting and achieving your health and weight loss goals
- Feel supported on your journey towards sustainable results
- Work on your relationship with yourself and food
- Identify and manage potential barriers to success
- Nourish your body and nurture your mind
- Increase mindfulness and explore the benefits of meditation
- Enjoy delicious and nutritious recipe plans and nutrition task lists to follow each week.
- Get ongoing support via a comprehensive Food & Mood Journal to keep you on track for success every step of the way



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PRODUCT PRICING, PROCESSING AND BOOKINGS

PRODUCT PRICING

> Food & Mood Phase 1 RRP: \$249

> Food & Mood Phase 2 RRP: \$249

Option to offer a campaign code discount for incentive to upgrade to phase 2 after completing phase 1.





PROCESSING

In the Front Desk App in Exerp, under the Food & Mood product group you will find the Food & Mood Phase 1 & Food & Mood Phase 2 products for processing.

It is important to note that these products are what dictates the member's access to the online Food & Mood content as mentioned earlier in the toolkit.

Phase 1 products are linked to weeks 1-6 content online and Phase 2 products are linked to weeks 7-12 content.

From the day of processing, the member will have 10 weeks of access to the online content.





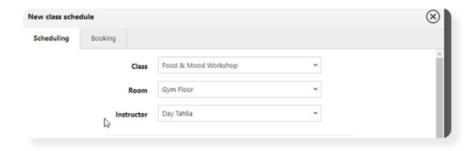


BOOKINGS

To set up bookings via the app for your Food & Mood Workshops, you will be able to schedule the Food & Mood Workshop class in pro.myweliness.

Please Note: If you would like a new room that is specific to your Food & Mood workshops, please email Helpdesk and we will get it set up for scheduling.

This will allow any member that has Food & Mood products on their account to book themselves into this class via the app.



Once this class is scheduled in pro.myweliness, it will also come through in Exerp under the Nutrition Calendar. Bookings can then be managed in pro.myweliness, Exerp or into the app directly.





FERNWOOD NUTRITION COACHING – optional offering

Fernwood Nutrition Coaching is a 1:1 personalised nutrition coaching service provided to members by a coach who holds a specific nutrition qualification.

Nutrition Coaching sessions are tailored to the client and offer personalised nutrition and health support based on the clients needs and goals.

The coaches unique training and scope of practice in which they are qualified will determine the content and journey of these 1:1 sessions, with only a limited number of branded template resources provided by NSO.



'NOURISHING YOU FOR LIFE'

- 1:1 Nutrition Coaching
- Personalised guidance & support
- Cultivate healthy & effective eating habits
- Focus on the right foods for your goals
- Increase your accountability
- Fast track your results

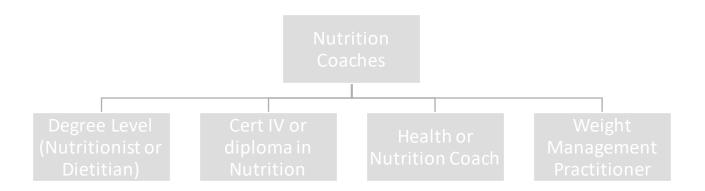
FERNWOOD NUTRITION COACHING



FERNWOOD NUTRITION COACHES & QUALIFICATIONS

Fernwood Nutrition Coaches must hold a nutrition specific qualification.

These qualifications include (but not limited to):





Scope of Practice

The of scope of practice for each of these qualifications is quite vast. It is important to understand that although each coach with one of the above (or equivalent) qualifications is equipped to work 1:1 with individuals in the area of nutrition, they are each very different in what they can and cannot do.

It is the responsibility of the coach to ensure they are working within their own training and scope of practice at all times.

Meal Plans

- Accredited Practising Dietitians (APD)
- Accredited Sports Dietitians (AccSD)
- Advanced Weight Management Practitioners (Cert IV or Diploma in Weight Management & Allied Health through the Australia College of Weight Management and Allied Health)
- *Cert IV in Nutrition (10763NAT)
- *May provide plans for 'generally healthy persons' within the scope of their training and the Australian Dietary Guidelines. We recommend clear guidelines are researched from each different Cert IV provider around meal planning.



COACHING RESOURCES

It is also the responsibility of the coach to create the plans and content of their sessions for the particular client they are working with. NSO will provide designed templates for the coaches to work with however, will not provide new programs or meal plan resources for 1:1 nutrition coaching.

The existing meal plan templates from previous food coaching programs will still be available for coaches to use as resources and will be rebranded in the new Nutrition Coaching designs.









AWARD RATES

The pay rates for nutrition qualified professionals is not a one size fits all.

Dietitians fall under the Health Professionals and Support Services Award 2020

The full award details are here http://awardviewer.fwo.gov.au/award/show/MA000027

Fairwork Australia have advised that professionals qualified in nutrition also fall under this award, however because the range of qualifications in this profession are not all equal, the award given to an employee is dependent on their course, qualifications, and experience. Their advice is to contact them directly on **1300 347930** to get the award rate applicable for your Nutrition Coach.

Please contact Fairwork do discuss your coaches pay on a case-by-case basis or contact Amy Watts at NSO for any pay related questions amy.watts@fernwoodfitness.com.au



PRODUCT PRICING, PROCESSING AND BOOKINGS

PRODUCTS & PRICING

The following products are set up for Nutrition Coaching. Some clubs may request custom packs based on their coach's speciality and these can be requested through helpdesk@fernwoodfitness.com.au for approval.

- Nutrition Coaching Comp Session
- Nutrition Coaching Initial Consultation \$120 1 clip 60 minutes
- Nutrition Coaching Recurring Clip Card (60 minutes) \$97 per session
- Nutrition Coaching 1 Session \$120
- Nutrition Coaching 3 Sessions \$300
- Nutrition Coaching 6 Sessions \$600
- Nutrition Coaching 12 Sessions \$1200
- Intro Pack 3 Sessions \$247 (1 x purchase frequency)



BOOKINGS

To set up your Nutrition Coaches and calendars in club, please refer to the steps below:

- Add the staff group Nutrition Coach to relevant staff in club via their Exerp profile > employee tab.
- Once you have done this, you can open up their availability in the Nutrition Calendar via the Planning App in Exerp.
 - a. Create Booking > Select Nutrition Coaching Availability
 - b. Choose dates, days and times of shift availability
 - c. Choose recurrence, choose your staff member from the list and save
 - d. Activate your bookings.

Once the calendars and availability have been set up in Exerp planning, you will be ready to make bookings via the Calendar App.

Please note in the initial phase of Nutrition Coaching, bookings will only be available via Exerp for these members. App bookings coming very soon!

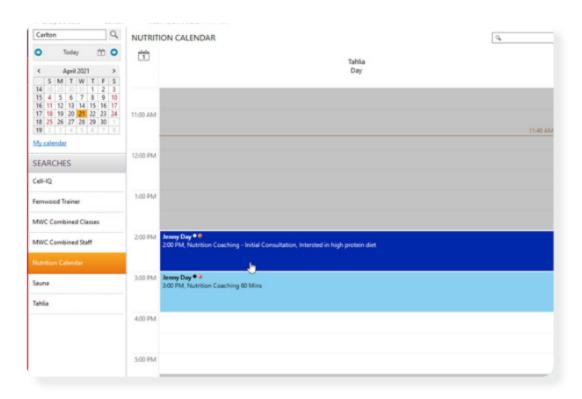


To make a booking for Nutrition Coaching in Exerp, follow the below steps:

- 1. Open the Calendar App in Exerp > go to Nutrition Calendar
- 2. Choose the day of the booking and double click on the available time slot
- Select the appointment option I.e., Nutrition Coaching 60 Mins and confirm the date and time.
- 4. It will use up the appropriate clip on the member's account or prompt you to purchase any additional on their account so that they can be booked into their session.
- 5. The appointment types are slightly different colours in the calendar so that you can easily identify initial consultations and complimentary sessions.

FERNWOOD NUTRITION COACHING







COLLATERAL - CANVA

Folders > Nutrition Coaching

Nutrition Coaching \$\triangle\$

Social 7 items

Food & Mood Coaching &

Folders > Food & Mood Coaching



Print
10 items



Food Coaching resources will be decommissioned and removed as of Tuesday 1 June. Pland and recipe PDFs that currently exist will be re-branded and available on the intranet under Nutrition Coaching resources.





The third member offering as part of Fernwood Nutrition are the MyFernwood Recipe Plans.

These recipe plans are 28 days in duration offering recipe suggestions for breakfast, lunch and evening 7 days a week.

The plans are offered in a variety of dietary styles and trends including, whilst following a clean ingredient philosophy.

- 28-day Vegan + Gluten Free Recipes
- 28-day Standard Gluten Free
- 28-day Vegan
- 28-day Metabolic Kickstart (cleanse focused)
- 28-day Metabolic Boost (modified Keto)
- 28-day Intermittent Fasting
- 28-day Immune Boosting
- And much more....



Thank you

QUESTIONS

<u>helpdesk@fernwoodfitness.com.au</u> – for all product and set up requests

<u>emma.robertson@fernwoodfitness.com.au</u> – all other enquiries on Fernwood Nutrition offerings