

We could all use more
ENERGY

to help us meet the demands of daily living and still be able to do the many activities we love and enjoy.

EXTRA Mile Nutrition wants to show you how to have increased energy and improved health by crowding out energy dense foods in your diet and replacing them with nutrient rich foods.



Sandy Holterhaus, RD, LD teaches the principles of MyPlate.gov (formerly MyPyramid.gov) and follows the sound guidance of the dietary guidelines to help clients

OPTIMIZE their nutrient intakes to achieve energy, health and longevity.

SERVICES

Energy Needs Analysis

Rockwell Collins Rec Center

Member \$12.00

Non-Member \$15.00

Do you know what your energy needs are each day? The Energy Needs Analysis is a 15 minute appointment to arm you with the number of calories and servings from each food group you need each day.

Diet Analysis

Rockwell Collins Rec Center

Member \$50.00

Non-Member \$60.00

A diet analysis is an hour long appointment requiring the client to maintain three or more days of food records. This in depth analysis will review your current eating habits and compare them to your energy needs. Goals will be set based on your nutrition and health objectives.

Individual Nutrition Counseling

Rockwell Collins Rec Center

Member \$50.00/hr

Non-Member \$60.00/hr

Individuals can schedule a 30 minute or one hour appointment to discuss individualized nutrient needs or disease specific dietary concerns.

Group Nutrition Classes *

Rockwell Collins Rec Center

Member \$5.00

Non-Member \$6.00

See the events calendar at:

extramilenutrition.wordpress.com for topics, locations and dates for nutrition education classes.

* Some classes may require an additional materials fee.

Individual Weight Management

Rockwell Collins Rec Center

Member \$50.00

Non-Member \$60.00

A weight management session is a diet analysis appointment in which you set goals to manage weight. For weight loss the focus will be on creating an energy deficit through good nutrition and exercise to achieve a steady loss of ½ to 2 pounds per week.

Weekly Weigh-In

Rockwell Collins Rec Center

Member \$5.00

Non-Member \$6.00

Package Prices Available

After completing an Individual Weight Management session, follow up with weekly weigh-ins. These short 5-10 minute appointments help keep you motivated and provide an opportunity to have your questions answered by the dietitian each week.

Extra Mile Nutrition



Sandy Holterhaus, RD, LD, is the owner of Extra Mile Nutrition which offers insightful group nutrition education classes and individual nutrition counseling designed to develop self-awareness and healthful behaviors. Ms. Holterhaus is a lifelong Eastern Iowa resident. She has a BA in Public Relations and a BS in Human Nutrition and Dietetics. She resides in Hiawatha, Iowa where she enjoys cooking, reading, walking, biking, interior decorating and gardening. Ms. Holterhaus has been a long-time member of the Rockwell Collins Recreation Center in Cedar Rapids, Iowa and performs volunteer work as a Linn County, Iowa Master Gardener.

- Make an appointment by calling the Rockwell Collins Recreation Center Front Desk at 295-2552.
- Payment for services will be taken at the Rockwell Collins Recreation Center Front Desk.
- Rockwell Collins Recreation Center
400 Collins Rd. NE
Cedar Rapids, IA 52498



*Life Powered
by You*

Nutrition Education and
Counseling Services
offered at the Rockwell
Collins Recreation Center

Sandy Holterhaus, RD, LD
Extra Mile Nutrition
Rockwell Collins Recreation
Center
400 Collins Road NE
Cedar Rapids, IA 52498
319-295-0025
sjholte5@rockwellcollins.com
extramilenutrition.wordpress.com

Life Powered by You

