OUR DIETITIAN

Karen Henry, a registered and licensed dietitian, earned a bachelor's degree from University of Wisconsin in Food and Nutrition. After working in many institutions including Baylor Health Care System for several years, Karen now enjoys an active private practice sharing her knowledge and passion for nutrition with private clients and groups. She has extensive work experience with ambulatory and hospitalized patients as well as providing individual and group education and counseling. Nutrition education is a commonality through Karen's various experiences with several opportunities in the area of weight management and chronic health issues. Karen's areas of expertise include nutrition education for individuals and groups and counseling related to health issues.

Karen's commitment is to provide members with practical ways of successfully balancing nutrition, physical activity and lifestyle modification for total health. She will help you understand how, by eating appropriately; you can prevent and/or manage health concerns, enhance quality of life, and enable you to carry out your life's goals.

Karen practices what she preaches by leading a healthy lifestyle and being a faithful member of The Solana Club for 14 years. Because of her dedication to a regular exercise routine of outdoor walking and weight training Karen was nominated "Member of the Month" in 2003 by the fitness staff.

EDUCATION

- B.S. in Food and Nutrition, University of Wisconsin, Madison, Wisconsin
- Dietetic Internship, King County Hospital, Seattle, Washington

CERTIFICATIONS

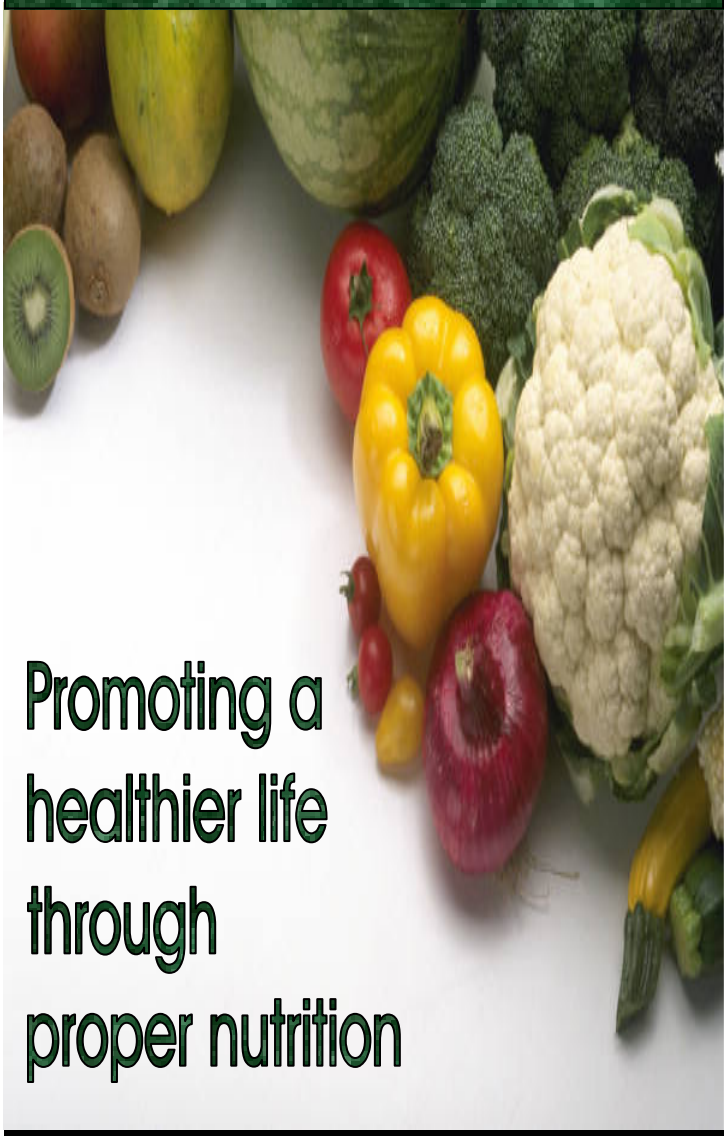
- American Dietetic Association - Member
- Texas Dietetic Association - Member
- North Texas Dietetic Association - Member
- Nutrition in Complementary Care - Member
- Commission on Dietetic Registration - Certificate
- Texas State Board of Examiners of Dietitians- Certificate
- The Customer© - Certificate
- SMU/VHA Southwest First-Line Management Program - Certificate
- The Solana Club – Member of the Month

EXPERIENCE

- Practice Administrator, Health Texas Provider Network
- Supervisor Health Educators, Baylor Senior Health Network
- Health Educator, Baylor Senior Health Center
- Clinical Dietitian, Baylor Weight Management Centers
- Instructor, Baylor Center for Health Promotion
- Clinical Dietitian, Waconia Ridgeview Hospital, Minnesota
- Nutrition Marketing Service Assistant, General Mills, Inc., Minnesota
- Nutrition Consultant, Beebe Hospital, Lewes, Delaware
- Nutrition Consultant, Long-Term Care Facilities, Minnesota
- Dietary Consultant, Minnesota Department of Health Clinical Dietitian, Lutheran Deaconess Hospital, Minneapolis, Minnesota

Nutrition Counseling

Live For Life



Promoting a healthier life through proper nutrition

The Solana Club
Health Fitness Recreation

2902 Sams School Road
Westlake, Texas 76262

Visit us online... **www.SolanaClub.com**

NUTRITIONAL COUNSELING

Promoting a healthier life through proper nutrition

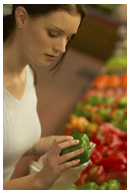
We have more food choices today than any generation before us, thanks to our supermarkets, gourmet stores and fast food restaurants. Combine that variety with today's busy lifestyles and too often good nutrition takes a back seat to convenience. The Solana Club Nutritional Counseling provides education and strategies that will help you sort through all the choices and make healthy eating part of a healthy lifestyle.

Our goal is to provide you with the information you need to understand your individual nutritional needs and give you practical suggestions to help you achieve your nutritional goals and maintain them.

Our services can help you whether your goal is to manage your weight, lower disease risks or simply eat wisely while maintaining a busy lifestyle. A one-on-one, confidential nutritional consultation will provide a thorough nutritional evaluation including health assessment, medical history and food habits. You will receive scientifically based advice, realistic recommendations, and up-to-date nutritional information for long-term results. Depending on your goals and needs, the registered dietitian may recommend additional services such as personal training and support programs as well as addressing the following issues:

- **Improving Heart Health.** Learn eating habits that can help lower cholesterol, blood pressure and heart disease risk.
- **Sports Nutrition**. Get the winning edge with nutrition that fuels fitness and performance.
- **Managing a Healthy Weight.** Step by step guide to healthy eating and lifestyle changes. Emphasis on self-management and long-term results.
- **Diabetes Care.** Individual/group meal planning and information for blood glucose control to improve health and lower risk of complications.
- **Managing Digestive Disorders and allergies.** Learn how to meet nutritional needs despite limitations imposed by food allergies or other medical conditions.
- **Women's Nutritional Concerns**. Nutrition to ease your body through transitional times such as pregnancy and menopause.

SERVICES AND FEES



INTRODUCTORY CONSULTATION

This is a 30-minute session that focuses on answering questions and identifying areas where the member may need further intervention.
Cost: $35/**Code:** 3926

METABOLIC TESTING & NUTRITIONAL COUNSULTATION

Ever wonder why a diet works for one individual and not another? During this one hour session learn how many calories your body needs at rest and how your unique metabolism affects nutrition, weight and general fitness. FDA approved test.
Cost: $100/**Code:** 3932

PRIVATE COUNSELING SESSION

This is a 1½ hr session that includes the following: Three Day Food Record Analysis, nutritional adequacy, meal/snack times, eating locations, food safety and health issues.
Cost: $105/**Code:** 3933

FOLLOW-UP COACHING SESSIONS

Review of diet plan, analyze food record, and re-evaluate progress and goals.
30 minutes **Cost:** $40/**Code:** 3937
15 minutes **Cost:** $20/**Code:** 3938

GROCERY STORE TOUR (1½ hr)

Cost: $105/**Code:** 3934

COMPUTERIZED DIETARY ANALYSIS

Clients will record food and fluid intake for three consecutive (normal) days and log their exercise. Records will be analyzed using a nutrition software program. The nutrition summary will provide individualized recommendations based on the client's nutrition and fitness goals. It will also include a list of any nutrients that may be deficient in their diet such as iron, zinc, or B vitamins. In addition, the client will receive a 30-minute consultation.
Cost: $80/**Code:** 3936

HEALTHY WEIGHT SUPPORT GROUP

This 60-minute interactive educational group session meets once a week. Participants will learn about topics such as nutrition, physical activity and psychological factors associated with weight management. Build the skills necessary to maintain a healthy weight and support one another in making positive, healthful changes in behavior.
Cost: $15 (per person/per session) **Code:** 3935
Minimum: 5 participants

Family members are welcome to attend the sessions.
Sessions are held by appointment only.
Non-members will pay a $10 non-member fee.

For more information or to schedule an appointment, please contact Karen Henry at 817.674.2324 or nutrition@solanaclub.com