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## COMPREHENSIVE NUTRITION AND WEIGHT MANAGEMENT PROGRAMS



**BODY SCIENCE CENTERS**  
HORMONE + NUTRITIONAL BALANCE

**OUR LOCATION:**

SHOPS at DON MILLS (RBC Building)  
1090 Don Mills Rd., Suite 303  
Toronto, ON  
M3C 3R6

**GET STARTED:**

Toll Free: 1.855.333.4BSC (4272)  
Telephone: 416.915.9100  
Email: nutrition@BSc5.com



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“Everyday we’re faced with the task of trying to make sense of an overwhelming amount of health information. **That’s where we come in.**”

At Body Science Centers, our dietitians, trained and led by Leslie Beck, give you practical, evidence-based advice along with a realistic and sustainable meal plan designed to fit your lifestyle.

Working one-on-one with Leslie provides motivation, accountability and support to help you follow through and achieve your specific goals.



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## LESLIE BECK, RD National Director of Nutrition

As a registered dietitian, Leslie has operated a thriving private practice in Toronto since 1989 in which she has helped thousands of individuals achieve their nutrition and diet goals. In 2012, she joined Body Science Centers as National Director of Nutrition, overseeing the development and delivery of all nutrition programs.

Leslie's integrative approach offers clients dietary advice, personalized meal plans, and science-based recommendations on the use of nutrition supplements.

Leslie is recognized as an authority on nutrition and food issues by the media. She writes a weekly nutrition column in The Globe and Mail, Canada's national newspaper, is a contributor to CTV News, and can be heard one morning a week on CJAD Radio's The Andrew Carter Show (Montreal). Leslie is also the bestselling author of 11 nutrition and health books.

Born and raised in Vancouver, BC, Leslie obtained her Bachelor of Science (Dietetics) from the University of British Columbia and proceeded to complete the dietetic internship program at St. Michael's Hospital in Toronto. She studied a Master's of Science in Epidemiology at the University of Toronto. She is a member of Dietitians of Canada and the College of Dietitians of Ontario.

## HOW ONE-ON-ONE DIET COACHING CAN HELP YOU

We use an integrative and preventative approach, offering dietary advice, personalized meal plans and science-based recommendations on the use of nutrition supplements to help you achieve optimum health.

- Learn how to eat healthfully – for good
- Incorporate strategies to help you lose weight, permanently, and stay healthy
- Maximize your daily energy level
- Lower cholesterol, blood glucose, blood pressure or manage a specific health condition
- Adjust portion sizes appropriate for the weight that's right for you
- Manage food cravings
- Meet daily vitamin and mineral requirements
- Understand and interpret nutrition labels and restaurant menus

## OUR NUTRITION AND WEIGHT LOSS PROGRAMS. DIFFERENT PACKAGES TO SUIT YOUR NEEDS

### Body Science Three Month Weight Management Program

This program offers you a customized meal plan and a strong accountability component. If meeting with a coach on a weekly basis motivates you to make change, this program is for you. You will meet with our dietitian weekly for the first six weeks, and then bi-weekly for the remaining six weeks. Frequent follow up appointments provide accountability and motivation as you see your progress and learn new weight management strategies.

**PACKAGE INCLUDES: TOTAL OF 9 APPOINTMENTS SCHEDULED OVER 12 WEEKS** Two 30-minute appointments plus seven 15-minute follow-up appointments.

- **Initial 30-minute Assessment** to review goals, medical history, blood work, current food intake, portion sizes, food preferences, restaurants/food courts frequented, supplement use, exercise habits and to take body measurements. Blood tests can be ordered if needed.
- Based on your assessment, we prepare for you **A Personalized Meal Plan and Recommendations Report** designed to help you achieve a weight loss of 1 to 3 pounds per week in addition to any other goals you have (e.g. cholesterol lowering, energy management, etc.)
- **A second 30-minute appointment** during which we present your weight loss plan and recommendations. Now you're ready to get started!
- **Five 15-minute follow up appointments** during which we answer your questions, review your food diary, discuss ways to overcome obstacles, measure your weight and set goals for the following week.

If your goals include lowering LDL (bad) cholesterol or blood sugar, at 12 weeks we can order laboratory tests to monitor your progress.

**PROFESSIONAL FEE: \$890**

### Body Science Optimal Health & Nutrition Counselling Package

Whether you want to lose weight, modify your diet to achieve a specific health goal, or simply learn how to eat better, this package offers an assessment, a customized meal plan and follow up appointments. If you don't need the structured accountability of weekly follow up appointments – or your schedule doesn't permit it – this package offers you flexibility.

**PACKAGE INCLUDES: TOTAL OF 7 VISITS SCHEDULED OVER 6 TO 12 MONTHS.** Two 30-minute appointments plus five 15-minute follow up appointments.

- **Initial 30-minute Assessment** to review goals, medical history, family medical history, blood work, current food intake, portion sizes, food preferences, restaurants/food courts frequented, supplement use, exercise habits, and body measurements. Blood tests can be ordered if needed.
- Based on your diet assessment, we prepare for you **A Personalized Meal Plan and Recommendations Report** designed to help you achieve your specific goals.
- **A second 30-minute appointment** to present your meal plan and nutrition recommendations.
- **Five 15-minute follow up appointments.** The frequency of follow up visits is flexible and will depend on your goals.

**PROFESSIONAL FEE: \$790**

You may wish to purchase additional 15-minute follow up appointments to extend your program beyond three months. Four 15-minute follow up appointments: \$250.

*Nutrition/diet counseling by a Registered Dietitian may be covered under your extended benefits plan. Check with your benefits manager.*