Physical Activity & Basics of Nutrition

Four factors cause 75% of chronic diseases in America, and they are preventable! They are: food choice & portion size, physical inactivity, tobacco, and unmanaged stress. Learn the basics of nutrition and how to start looking at your relationship with food differently. Approach physical activity with a can-do attitude, learn to create achievable goals and build on small successes. Together we will learn what we can do to lead a happier, healthier life (minimum effort for maximum benefit).

Presented by Amy Gannon, RD, LD
Amy Gannon is a Registered and Licensed Dietitian in the State of Ohio. As the Chief Coach with Cleveland Clinic Wellness eCoaching program, Amy guides participants towards sustainable and enduring lifestyle change in the following areas: Sleep, Tobacco Cessation, Weight Loss, Hypertension, Diabetes Type II, and how to achieve and sustain a Healthy Lifestyle.

Reach out to our team anytime day or night, at 800-989-3277 or visit www.lifestyleeap.com