UC WorkStrong:

Nutrition & Weight Management

Nutrition
A well-planned diet is within your reach! A Registered Dietician will guide you on your path to eating well.

By analyzing your current diet, the dietician will work with you to plan meals and menus. The goals are to look for wholesome and hearty foods that taste great and allow you to maintain a well-balanced diet for life.

You will get a personalized nutrition plan that will take some of the guesswork out of eating healthy. Our dietician will make sure to create realistic meal plans that will fit in with your busy schedule.

We will provide resources to include healthy eating strategies such as, packing a healthy lunch, quick and healthy meals on the go, and much more.

Weight Management
Whether your goal is to lose weight or maintain your weight, we can help. Life-long weight management can be achieved!

In addition to one-on-one consultations, you may be referred to the Student Recreation Center. There, they offer group fitness classes, weight lifting, pilates, self-defense, or even dance! Exercising to maintain your weight certainly does not have to be dull! Your Occupational Wellness Coordinator can help you to select the program that’s right for you.