

How does nutritional counseling work?

A successful nutritional counseling is not a one-time session, but requires ongoing support. Especially if you are also considering personal fitness training, regular counseling can be of great importance. While a single session can provide initial insights into your dietary habits and possible improvements, long-term changes require continuous guidance. In multiple sessions, you have the opportunity to discuss your goals and progress, overcome challenges, and develop individualized nutrition plans tailored to your specific needs and goals.

Before your appointment!

You will fill out a nutrition diary for approximately 5-7 days (the more detailed, the better) documenting everything you consume. It is important that it reflects a typical day. This gives me the opportunity to get a picture of your current dietary situation. Additionally, I will provide you with a weekly planner where you can note down your fixed appointments and obligations so we can include your time management in our planning.

During the appointment!

A single session lasts about 60 minutes (often running over, so please plan for some extra time). In the first session, we will get to know each other and I will get an idea of your current lifestyle. We will also review your food diary and replace unhealthy foods with healthier alternatives. Depending on your level of knowledge, we will cover the basics of the main nutrients (proteins, fats, carbohydrates) and the foods in which they can be found. Finally, I will provide you with important materials such as your calorie expenditure, a shopping list, and numerous recipes.

Follow-up appointment!

Adopting a healthy lifestyle is not easy to achieve overnight. It is important to gradually break habits and routines and avoid relapses. As a nutritionist and fitness trainer, it is my responsibility to support you in this process of behavior change with my expertise. In the follow-up appointments, which are scheduled 2-8 weeks after the initial consultation, we will review your progress and discuss the obstacles that are preventing you from reaching your goals, and we will work on improving them.

If you want to improve your eating habits and fitness level, then continuous nutritional counseling is a worthwhile investment in your health and well-being.

I look forward to accompanying you on your journey towards a healthier lifestyle and am happy to provide you with personal advice.