

# FitNutrition, LLC

*Smart Eating for an Active, Healthy You!*

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My name is Katie Jeffrey, MS, RD, CSSD, LDN, CDN. I am a registered dietitian, Board Certified as a Specialist in Sports Dietetics, a columnist, and the owner of FitNutrition, LLC, in Stonington, CT. I provide individual nutrition counseling, sports nutrition counseling for athletes and educational nutrition presentations on various topics for all age groups.

When I established my private practice in 2007, I began to learn about mindful eating. As my knowledge increased, I incorporated mindful eating concepts into individual counseling sessions with wonderful success. When I learned of Michelle May, MD and her Am I Hungry?® Mindful Eating Workshops and Facilitator Training Program, I decided to attend an Am I Hungry? Mindful Eating retreat in Utah in July, 2012. This was a fabulous program that enabled me to learn more about the Am I Hungry? approach and how it truly helps individuals become more mindful about both their eating *and* living, helping them to learn how to create new, healthier habits. I was hooked!

After attending the retreat and gaining knowledge both personally and professionally, I decided to become an Am I Hungry? Facilitator. The training that Michelle offers is comprehensive including both mindful eating and living. This is important to me because I believe that healthy eating, moving for enjoyment, stress reduction and taking care of oneself are all vital to an individual's well-being. The Am I Hungry? program includes all of these. Even though I had been teaching mindful eating to clients for five years, the Am I Hungry? Facilitator Training gave me new ideas, different ways to teach mindful eating concepts, great visual learning tools as well as new language to explain mindful eating ideas to individuals. The Am I Hungry? Mindful Eating Program introduces mindful eating and living using teaching techniques that stimulate various learning styles. I feel this is important when introducing new and complex concepts. The program also provides information on how to market workshops which I found extremely helpful. In addition, as a facilitator, you are offered continued support from Michelle and her staff as well as having access to other facilitators via the facilitator portal. It is wonderful to have ongoing support for help with questions, concerns or other issues that may arise.

I am truly grateful to have learned about the Am I Hungry? Mindful Eating Workshops and am excited to begin my journey as an Am I Hungry? facilitator. I feel that this training has opened up new doors for my private practice and my career as well as giving me the tools required to reach new clients and teach them how to "eat mindfully and live vibrantly!"

I highly recommend this program to others who wish to help individuals live a life free from dieting, overeating and/or undereating and reach optimal health.