

YMCA OF GREATER DAYTON EMPLOYEE IN-SERVICE

By: Gretchen Adams, RDN, LD

INTRODUCTION

Gretchen Adams

- B.S. in Nutrition Science
- Registered Dietitian Nutritionist
- Licensed Dietitian

Background

- Received BS in Nutrition Science from Plattsburgh State in NY.
- Worked as Nutrition Coordinator at the regional foodbank, Foodlink in Rochester, NY.
- Completed dietetic internship through distance program with University of Delaware.
- Worked as a clinical dietitian at Unity Hospital in Rochester, NY.

YMCA OF GREATER DAYTON

Core Principles

- Youth Development
- Healthy Living
- Social Responsibility



HEALTH AND WELLNESS

- Provides opportunity
- Education and support
- Improve health and wellbeing
- Programs for all individuals

PROGRAMS & CLASSES ^

► HEALTH & WELLNESS

ActivTrax

Biometric Screening

CPR and First Aid Certification

Diabetes Prevention

Enhance® Fitness

Healthy Kids Day

I Am...More

inBody

Livestrong at the YMCA

Move 2 Lose

Nutrition & Healthy Living

Personal Training

Races and Triathlons

Rock Steady

Sports Medicine

NUTRITION SERVICES

Provided by Registered Dietitian Nutritionist

- Food and nutrition expert
- Certification and Licensure



NUTRITION & HEALTHY LIVING

NUTRITION AND TRAINING

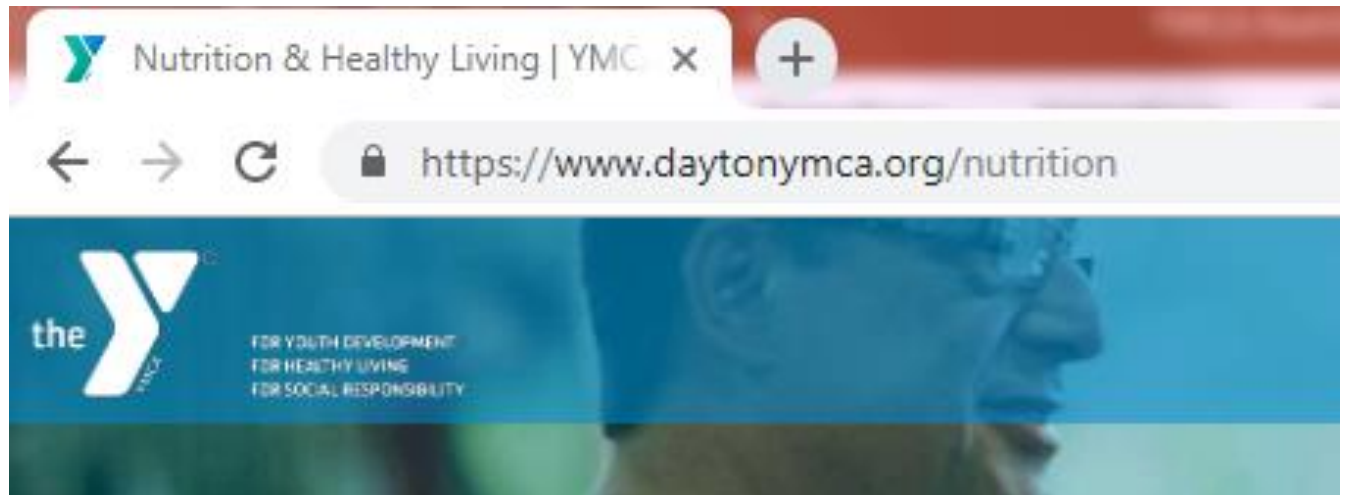
Resources:

- [Choosemyplate.gov](https://www.choosemyplate.gov)
- [Eatright.org](https://www.eatright.org)
- American Heart Association
- Centers for Disease Control and Prevention
- Personal Training Affiliation (ACE, NASM, etc)



NUTRITION SERVICES

1. Consultations
2. YMCA Nutrition Classes
3. Corporate Presentations
4. Social Media



CONSULTATIONS

Service Basics

- Single sessions for one hour
- \$50 per session (not covered by insurance)
- Offered to members and staff

What does a typical session look like?

- One-on-one or group setting
- Goal setting
- Evidence based nutrition education
- Assistance with family or personal meals
- Specifically tailored to meet member's nutrition needs/goals



YMCA NUTRITION CLASSES

Nutrition education classes may be promoted independently or in part with other programs like Move to Lose and Livestrong. Class topics may include:

- Nutrition 101
- Functional Foods
- Nutrition for a Healthy Lifestyle
- Meal Planning for Success



LUNCH AND LEARNS

YMCA of Greater Dayton's
Nutrition Services expand into
our community

Nutrition classes are provided to
partnering organizations and
corporations to promote the
YMCA and healthy living

Similar to the YMCA classes,
various topics may be covered
and can be tailored to fit the
nutritional need of the audience



SOCIAL MEDIA

Nutrition information presented on YMCA media is most often provided through the dietitian and nutrition services.

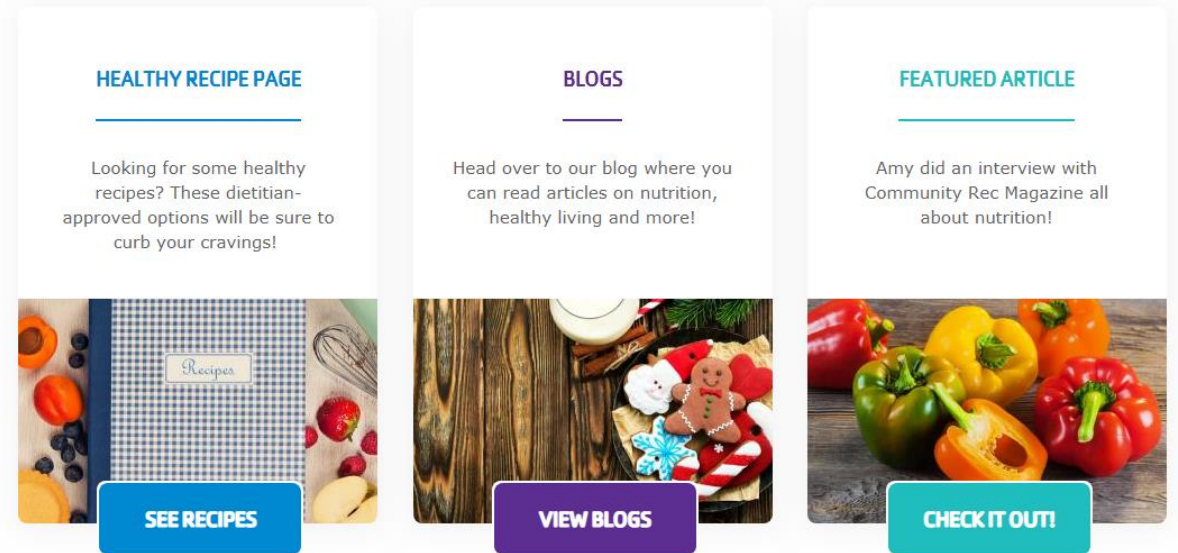
This includes:

- Monthly blog posts
- Recipe page on website
- Social media posts such as Facebook, Twitter and Instagram



WEBSITE

- Programs Offered
- Contact Information
- Nutrition Resources



Be sure to check it out and let members know of this opportunity and service!

RESOURCE

- Resource for nutrition questions

Contact Information:

Phone: (937-223-5201 ext. 1029

Email: gadams@daytonymca.org

- Engage comments and tasks



DIABETES PREVENTION PROGRAM

PROGRAMS & CLASSES ^

- **Prediabetes**

- Year long program
- Education and support
- Covered by some insurance
- Do not need to be a YMCA member

➤ HEALTH & WELLNESS

ActivTrax

Biometric Screening

CPR and First Aid

Certification

Diabetes Prevention

DIABETES PREVENTION PROGRAM



Ali Schulze, Director of Healthy Living

- Phone: (937)223-5201 ext. 1041
- Email: aschulze@daytonymca.org

THANK YOU!

For any questions, please
contact Gretchen Adams
at 937-223-5201 ext.
1029