

CHANGE FOR MENOPAUSE PROGRAM

Creating Healthy Activity & Nutrition Goals for Empowering CHANGE



This program is designed to provide participants with the tools needed to build resilience, tackle obstacles, and improve lifestyle behaviors to affect positive change.

Designed by a registered dietitian and clinical exercise physiologist, each week will progress through evidence-based recommendations in a collaborative, supportive environment. Participants will join together to learn, discuss and develop strategies to improve their daily lives.

CHANGE IS A 6 WEEK PROGRAM!

DURATION: 45 min

Instructors:

- Nicole Lund, MPH, RDN, Clinical Nutritionist
- Heather A. Milton, MS, RCEP, CSCS, Exercise Physiologist Supervisor

Topics:

- Goal setting and celebrating small wins along the way
- The science and rationale for resistance training for metabolism and bone health
- Why protein matters and how you can ensure you get your individual daily needs
- How to balance exercise with daily priorities
- Anti-inflammation, gut health and carbohydrates
- Sleep, stress and strategies to overcome challenges
- How to develop activity plans to reach your goals
- Resilience, acceptance and everything in between

Instructors

Nicole Lund, MPH, RDN, Clinical Nutritionist

Ms. Lund is a registered dietitian with her Master's degree in public health nutrition from Hunter College, a certified Health and Well-being coach, and certified personal trainer.

As a former dancer, her love of movement led her into a career as a step aerobics instructor and personal trainer. Through her work, she recognized a need for a discussion about food and how it impacts everything from performance to health. She went back to school to become a registered dietitian and began her career integrating both nutrition and physical activity.

Ms. Lund has worked at NYU Langone's Sports Performance Center since 2016 where she sees medical nutrition therapy patients via insurance and self-pay sports nutrition clients. She is a clinician with the Running Lab and works with athletes on the USA Nordic team.

She has expertise in sports and performance nutrition and her clinical interests include chronic inflammation, weight loss, migraines, and menopause.

Heather A. Milton, MS, RCEP, CSCS, Exercise Physiologist, Supervisor

Ms. Milton received her Master's in Science at Northeastern University in Clinical Exercise Physiology. She is a Registered Clinical Exercise Physiologist, Certified Strength and Conditioning Specialist (CSCS®), and Certified Cancer Exercise Trainer (CET).

As a gymnast and track athlete in her younger years, Ms. Milton identified a need for programs specialized for female athletes. As she continued her work in exercise physiology, she identified a need for female focused programming for all stages of fitness and sport.

As the supervisor and lead physiologist at the NYU Langone Sports Performance Center,

Ms. Milton utilizes metabolic testing, biomechanics analysis and specialized screens to develop specialized programs to help clients reach their maximum potential and ability. She also creates unique and motivational programs to inspire various populations to build health, fitness and personal goals.