



YMCA & JCC of Greater Toledo



To: Toledo Firefighters  
From: Jodi Augustyniak RD, LD  
Date: March 2009  
Re: A Healthier You In 2009

Have you heard the good news? **The "A Healthier You in 2009" program has added a nutrition component, in addition to the health screening and fitness programs.** What does this mean for you? It means you have even a greater chance to improve your health, increase your energy level and manage your weight in 2009!

Now, let me introduce myself and tell you why this news is so great! My name is Jodi Augustyniak and I am a registered dietitian. My primary focus the last few years has been weight management counseling and employee wellness. I graduated from Central Michigan University with a Bachelor's of Science degree in dietetics. I completed my dietetic internship at The Cleveland Clinic, gaining experience in a variety of nutrition - care settings. I believe that anyone can meet their health goals with simple lifestyle changes and my objective in 2009 is to help you meet your goal with the programs that will be offered to you.

First, **I will be visiting each of the stations twice this year.** During the first visit, I am going to teach you about small changes that you can make to help you drop pounds and improve your energy level – I promise they are easy! At the end of the first visit, we are going to decide together what you want to cook and eat during the next class. Based on what we decide, someone from your station will be put in charge of grocery shopping and buying all of the ingredients we need for the next class where I will teach you to make tasty and healthier meals. After each class, I will be available for questions and for individual counseling sessions if you choose to do so.

**Next, I will be available at the Health Fair on March 14<sup>th</sup>** to answer any nutrition questions you may have. As a dietitian, I commend your Health Plan for offering the health screenings again this year and I would encourage you to attend. As firefighters, you spend most of your time looking out for others. You can't forget to take care of yourselves too! This is a great opportunity for you to check your health and set goals for improvement.

Finally, I will be offering informative grocery store tours in April and May. These tours will be held on Saturday mornings in grocery stores in all corners of Lucas County. I would encourage you and your spouse to attend to learn more about filling a healthy grocery cart.

If you have any questions about the nutrition program, please contact Jerry Boose. Looking forward to visiting your station soon!

Jodi Augustyniak RD, LD

# A Healthier You

## 2009 Nutrition Class Schedule

(1) **March 17, 18, 19 – Station 13**  
(2) March 24, 25, 26 – Station 13

(1) **April 7, 8, 9 – Station 6**  
(2) April 14, 15, 16 – Station 6

(1) **April 21, 22, 23 – Station 3**  
(2) April 28, 29, 30 – Station 3

(1) **May 5, 6, 7 – Station 4**  
(2) May 12, 13, 14 – Station 4

(1) **May 19, 20, 21 – Station 5**  
(2) May 26, 27, 28 – Station 5

(1) **June 2, 3, 4 – Station 7**  
(2) June 9, 10, 11 – Station 7

(1) **June 16, 17, 18 – Station 9**  
(2) June 23, 24, 25 – Station 9

(1) **June 30, July 1, 2 – Station 11**  
(2) July 7, 8, 9 – Station 11

(1) **July 14, 15, 16 – Station 14**  
(2) July 21, 22, 23 – Station 14

(1) **July 28, 29, 30 – Station 16**  
(2) August 4, 5, 6 – Station 16

(1) **August 11, 12, 13 – Station 17**  
(2) August 18, 19, 20 – Station 17

(1) **August 25, 26, 27 – Station 18**  
(2) September 1, 2, 3 – Station 18

(1) **September 8, 9, 10 – Station 19**  
(2) September 15, 16, 17 – Station 19

(1) **October 27, 28, 29 – Station 21**  
(2) November 3, 4, 5 – Station 21

(1) **November 10, 11, 12 – Station 23**  
(2) November 17, 18, 19 – Station 23

(1) **December 1, 2, 3 – Station 24**  
(2) December 8, 9, 10 – Station 24

(1) **December 15, 16, 17 – Station 25**  
(2) December 22, 23, 24 – Station 25

### **Fire Administration Office Classes:**

(1) **May 4 & (2) May 11**  
(1) **June 15 & (2) June 22**

**Week (1) Session – 10am-11am; 11am-1pm – One on One Counseling**

**Week (2) Session – 11am-12noon; 12noon-2pm – One on One Counseling**

### **Grocery Store Tours – 9:00 am**

April 4 – Kroger at Alexis & Lewis  
April 18 – Kroger at Glendale & Detroit  
April 25 – Kroger in Oregon (Navarre)  
May 9 – Kroger in Perrysburg  
May 23 – Kroger in Holland (McCord)



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