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WORKING IN REMOTE DELIVERY OF NUTRITION CARE: A PRACTITIONER'S PERSPECTIVE

HEART WITH ECG LINE
CANADIAN HEALTH
ADVANCED by
NUTRITION and GRADED EXERCISE PROGRAM

GOALS

- 1 IMPROVE COMPONENTS OF METABOLIC SYNDROME, DIET QUALITY, NUTRITION, AND PHYSICAL ACTIVITY
- 2 EMPOWER PARTICIPANTS TO MAKE LONG-TERM CHANGES

COMPONENTS



+ ENHANCED PROGRAMMING

ANONYMOUS FEEDBACK

CROSS-REFERENCES TO OTHER PROGRAMS

COOKING VIDEOS

VIRTUAL GAME OF CHANGE

OPPORTUNITIES

PRE-PANDEMIC



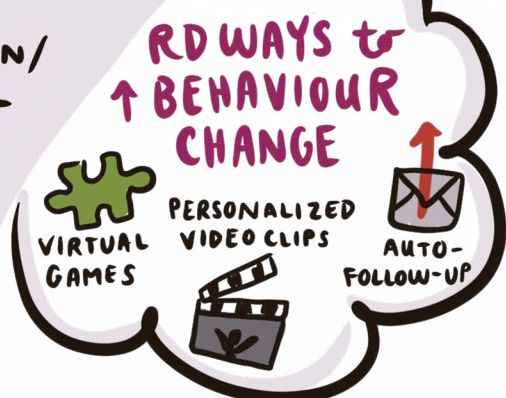
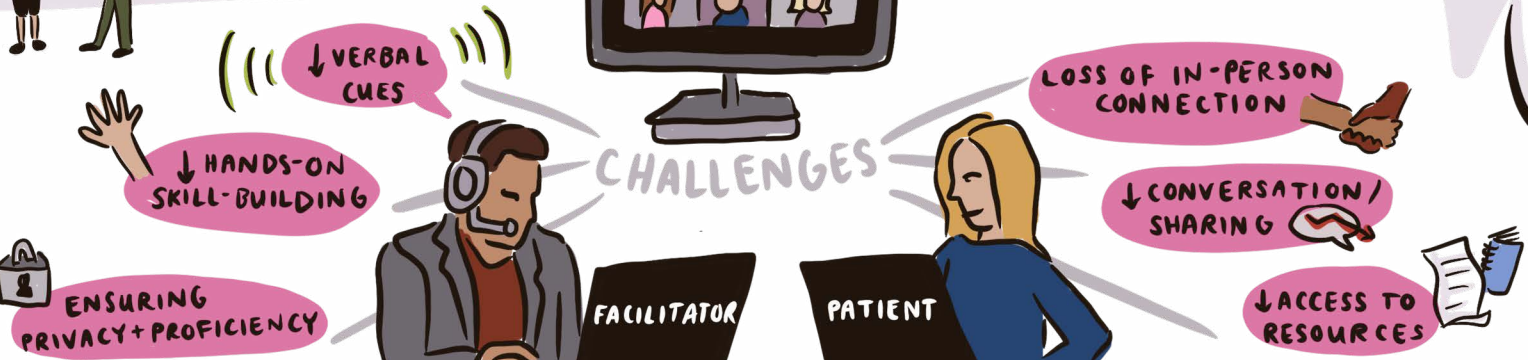
PANDEMIC PIVOT



POST-PANDEMIC

BLENDED IN-PERSON/VIRTUAL

CHALLENGES



ILLUSTRATED BY ALEX SAWATZKY, PHD