

## About Mandy Megan

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With over a decade of experience in her field, Mandy Megan Conyers-Smith is a registered dietitian who is passionate about helping people develop long-term healthy eating habits. She is committed to using tailored medical nutrition therapy and educational initiatives on food and nutrition to help people improve their overall well-being. Throughout her career, she has worked in various areas of healthcare such as acute health care, including intensive care as an ICU dietitian, pre and post surgical care, stroke rehabilitation, and chronic disease and weight management.



## Program Outline

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**Week 1:** Understanding your unique body and weight management

**Week 2:** Implementing the 5 pillars of healthy eating

**Week 3:** Self-assessment and action planning to support long-term healthy lifestyle habits

**Week 4:** Choosing the right way of eating for you!

**Week 5:** Nutrition Label Reading: Making informed choices about food

**Week 6:** Reducing Cravings: Managing emotional, behavioural and hedonic eating

**Week 7:** Working it out: Choosing the right type of physical activity to support your health goals

**Week 8:** Healthy eating tips when spending time away from home

**Week 9:** Meal planning to support healthy eating habits

**Week 10:** Maintaining healthy behaviour changes

## 10-Week Healthy Weight Management Nutrition Program

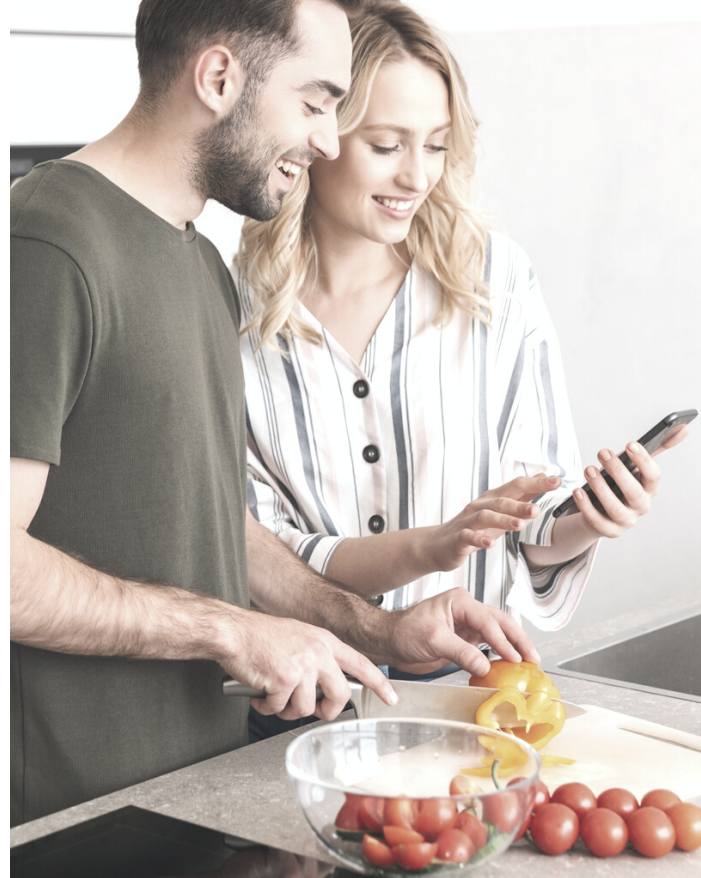


**Mandy Megan Conyers-Smith, MScCN, RD  
Registered Dietitian**

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## HEALTHY WEIGHT LOSS

It's natural for anyone trying to lose weight to want to lose it very quickly. While many diets produce impressive initial results, research shows that many dieters regain weight (and sometimes more) within one to a few years after starting a restrictive diet. Weight cycling can be frustrating and may negatively impact not only physical health but also emotional & mental wellbeing. Clinical guidelines around supporting healthy weight loss indicate that people interested in losing weight (and maintaining their weight loss) need a more sustainable plan than simply going on a "diet." Building an enjoyable healthy lifestyle is vital to achieving positive long-term change.



## ABOUT PROGRAM

In this 10-week online program, Mandy Megan will share evidence-based information on healthy eating habits and dietary patterns to support good health and healthy long-term weight management. In addition, the program will address common misconceptions and concerns regarding body weight and help you set realistic goals and action plans each week.

After 10 weeks, you have the option of following up with Mandy Megan 1:1 to receive ongoing support through tailored nutrition interventions and planning to help you stay on track as you work towards maintaining healthy lifestyle habits.

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**Building an enjoyable healthy lifestyle is vital to achieving positive long-term changes**

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## CONTACT US TO REGISTER



**Direct Voicemail:**  
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**Contact Page:**  
<https://www.mandymeganrd.com/contact>



**Price:**  
\$370.00 (\$37.00 per session)

