

New Year, New You?

**LPS Staff Special Opportunity
With the University of Nebraska-Lincoln
Exercise Science and Nutrition Senior Students**

Fitness OR Nutrition Coaching

The Details:

- 8 Weeks
- Sessions Include Pre & Post Assessment
- Personalized Plan and Weekly Follow Up with Senior Level Student Coaches
- Plans and Materials Supervised by Professors
- Pre & Post Assessments held at UNL East Campus for *Fitness Coaching*, other meeting locations determined by coach and LPS staff member

Personal Investment in Your Health:

**Nutrition or Fitness Coaching \$25 for entire 8 week program. This is an incredible deal!
(In fitness clubs, only one visit with a Dietitian or trainer would cost you between \$50-100)**

Full commitment to completing all sessions important. *You are their student teaching experience of sorts!*

How Do I Apply?

Go To: www.healthybehaviors.net

Click on "Apply" tab Access Code for LPS Staff Only: hlc2013

Questions? Contact Elisha at elisha@huskers.unl.edu

Space is limited, available on a first come, first served basis

**Offered through partnered efforts between Lincoln Public Schools Wellness & University of Nebraska-Lincoln
Lead UNL professors Dr. Shinya Takahashi, Fitness and Dr. Candace Kohnke, Nutrition**