



Phyllis Reid Jarvis

Your Health is Your Wealth - Start Investing Now!

Leadership Coaching & Nutritional Services

201-333 St. Mary Avenue

Tel: 1-204-942-8179

Email: living@ultimatepotentials.com Website: www.UltimatePotentials.com

Personal Development & Health Sessions

2011 – 2012 Offerings

How to Read and Interpret Food Labels (2 Classes)

(July 25 & 26 2011. Time: 11:00am-11:45am)

Does cheese cause constipation? Do carbohydrates make you fat? Or better yet, does fat make you fat? Which foods are best to eat for health, which ones are not?



If you are looking for ways to improve your health by knowing which types of foods are best to buy then this hands-on, fun-filled, informative “grocery shopping tour” will prepare you to know how to eat for health.

This ‘guided tour’ will provide you with what you need to know in order to make the best food purchases possible, what cooking methods are best for the items purchased and of course your health!

In this session you will learn:

1. Why not all carbohydrates are created equal
2. Why not all ‘high fibre’ foods serve your body well
3. The many faces of Salt and Sugar
4. Effective food-label reading and interpretation for weight and health management

The Secrets to Choosing Pre-prepared Foods (1 Class)

(July 27, 2011. Time: 1:00pm-1:145pm)

In this session you will be provided with key guidelines on what to look for when choosing pre-prepared foods.

In this class you will learn:

1. You will learn how much fat is appropriate for a pre-prepared meal,
2. How much salt, sugar and fibre should be in certain food items
3. You will learn strategies on how to determine if the food product will support or sabotage your health goals.



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**High Blood Pressure: 5 Actions to
Gain Control & Increase Your Health (1 Class)
(July 28, 2011 12:00pm-12:45pm)**

Did you know that high blood pressure is called the “silent killer”? You can have it for years without feeling any effects!

Do you have high blood pressure? A family history of heart disease? Diabetes? Are you concerned about the health of your heart and kidneys?

If you answered yes to either of these questions, then this information session is for you!

Join a Registered Dietitian for a session on how to reduce your risk of premature heart disease and kidney failure.

In this class you will learn the following:

1. How to use the DASH way of eating to lower your blood pressure
2. Why calcium, vegetables and fruits help to lower blood pressure
3. Five actions you must take to help control high blood pressure



**Eating for Energy: How to Increase your Metabolism,
Mental Alertness & Productivity (3 classes)**

(July 29, August 3 & 4, 2011. Time: 11:00am-11:45am)

Good news! You can increase your metabolism! Genes control 10% of your potential for energy, you control 90%!

This session will focus on how to increase your energy by using food and the “Exercise Factor” to your advantage.

If you are feeling sluggish, not sleeping well at nights, tired at work and feeling mentally drained, then this session is for you.

In this class you will learn the following:

1. 7-ways to increase your calorie-burning potential
2. Identify metabolism hinderers and enhancers
3. The top 10 best foods to eat



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Food and Mood: How to Eat for a Happy Brain! (3 classes) **(August 8, 9 & 10, 2011. Time: 12:00pm-12:45pm)**

The brain is a very active organ, making it an extremely hungry one and picky too! It will dictate to you what to eat, when to eat and how much to eat.

Your appetite and overall food intake are dictated by how you feel by as much as 30%.

In this class you will learn:

1. How to boost the health of your brain through smart food choices
2. Why appetite and cravings are signals of what nutrients are missing
3. How to avoid PMS and similar hormonal and nutrition-related mood swings
4. The role certain vitamins and minerals play in overall brain health

By attending this class you will better manage cravings, erratic eating and mood swings associated with poor food choices.

4. 7 Winning Solutions For a Healthier & Happier Life (3-part series)

(August 16, 17 & 18, 2011. Time: 12:00pm-12:45pm)

This Presentation offers participants practical suggestions for living a healthier and happier life both at work and at home.

In this session you will learn:

1. How to eat for energy
2. How to eliminate stress-related eating
3. How to identify the top 5 areas desired in your life for improved health
4. How to balance healthy eating with work and family demands
5. How to use these solutions to realize success both personally and professionally

For more information please contact Phyllis Reid-Jarvis, RD, CDE, and

Leadership Coach at 204-942-8179 or email: living@ultimatepotentials.com

or visit our website: www.UltimatePotentials.com