

Nutrition Services at FirstHealth of Andover

NUTRITION IN MOTION'S MISSION IS TO TEACH AND MOTIVATE PEOPLE TO LIVE HEALTHIER LIVES THROUGH NUTRITION EDUCATION AND PHYSICAL ACTIVITY.



Creating a lifestyle that promotes wellness

1:1 Nutrition Counseling provides clients the opportunity to work with a nutrition professional and create a meal plan that suits individual needs and goals. Nutrition therapy is designed to identify people at risk for major nutrition-related health problems and recommend dietary adjustments for better outcomes. Nutrition therapy has been proven to be an effective adjunct to manage diabetes, heart disease, stroke, food allergies, menopause, addiction, chronic pain, cancer treatment side effects and more.

Metabolic Testing with the MedGem indirect calorimeter takes the guess work out of determining energy needs. In 7-10 minutes this FDA approved device can determine how many calories your body needs each day.

Pediatric Nutrition provides counseling services for infants, children and adolescents with a variety of nutritional problems including autism, ADD, food allergies, weight management and more. Using a food recall the dietitian will create a detailed treatment plan and provide appropriate education.

Sports Nutrition has a direct impact on performance; the higher the quality of fuel the higher the optimization. We create individualized plans that include hydration, timing, and type of fuel to help you find your best game.

Weigh-to-Go! and P.A.C.T. are our 6-10 week group lifestyle change programs for adults and children. These programs, developed and taught by our registered dietitians and personal trainers, teach individuals and families the necessary skills to improve health and overall quality of life.

Insurance Coverage

NUTRITION COUNSELING BY A REGISTERED DIETITIAN IS COVERED BY MOST MAJOR INSURANCE COMPANIES. VERIFICATION IS RUN PRIOR TO SERVICES TO ENSURE YOU RECEIVE NO SURPRISE BILLS.



NUTRITION
IN MOTION

FirstHealth
OF ANDOVER

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