



IFAPA TRAINING

Lean Start – Lifestyle, Exercise, Attitude, Nutrition

(6 hrs credit) – A comprehensive prevention plan to help children reach their optimal level in four pillars of health. The LEAN start program is based upon scientific research and designed by Dr. William Sears, “America’s pediatrician” and best-selling author as well as other experts in the field of children’s nutrition, health and fitness. These four areas work together to make families healthier - at any age and any stage of life.

About the Trainer: Christine Trochesset

Christine Trochesset is a foster/adoptive parent of three highly special needs little people, and struggled to learn how to best help them. After three years of lots of tears and LOTS of nutrition research, she discovered a few easy and simple things about nutrition, which have helped the whole family enormously but dramatically helped her little people. In the beginning, Christine spent hours with the nutritionist in Iowa City at CDD and then attended her first nutrition workshop in Phoenix, Arizona in the spring of 2009. Now Christine regularly attends conferences every spring and fall, and uses the Dr. Sears 9 simple steps program, and Nutrition Detectives, which she learned at the conferences. Christine is passionate about family nutrition and loves sharing what works for her family, and helping little, and big, people feel better. Christine currently does one on one consultations, information sessions with small groups, and presentations for large groups about the role nutrition plays on health and wellness.

HOW TO REGISTER FOR A CLASS

REGISTER VIA PHONE

Call 800-277-8145 ext. 1 or 515-289-4567 ext. 1

REGISTER ON OUR WEBSITE

To sign-up for training class through our website, complete our online registration form: www.ifapa.org/training/training_registration_form.asp. IFAPA will follow-up within two business days to confirm your enrollment in the class.