

# How Laura Cipullo Can Help You

## Fall 2003 Newsletter

Laura Cipullo. LLC Nutrition Services · 201-567-6999

### **Strive into September: Focus on Yourself**

Remember the health and weight resolutions you made last January? Well, it's not too late to achieve them. You have four months remaining to meet your goals. You can do this with the help of the registered dietitians and exercise physiologists at Strive.

Strive, located at 104 Chestnut Street, Ridgewood, NJ is yet another location of Laura Cipullo. LLC Nutrition Services. This is "the place" to start or continue your nutrition and exercise program with the experts.

*Wellness is achieved by balancing nutrition, exercise and massage.*

### **Overcoming Obesity in October: Focus on Children**

Obesity is now considered an epidemic, particularly among our youth.

- A child is considered obese if their weight is greater than 20% desirable body weight for a boy/girl of the same height and age.
- Three out of four children who are obese at age 12 will be obese as adults.
- Being overweight and obese are associated with heart disease, diabetes type II, depression and other physical and mental health issues.

It is the responsibility of parents to help their children be physically active and well nourished. Laura Cipullo. LLC can help parents prevent or overcome weight issues with their children, by providing children and their families with the opportunity to be healthy through a program called Healthy Habits – Active Children Eating Sensibly. Healthy Habits is a continuous program offered weekly, which includes both exercise and nutrition by an exercise physiologist and a registered dietitian.

### **Nurturing in November: Focus on Your Relationship with Food**

Nutrition counseling is not just about weight loss. Nutrition counseling is about teaching one to nurture and nourish their self. The registered dietitian (RD) and the client work together to develop a balanced relationship between food, body and emotions.

Laura Cipullo. LLC Nutrition Services works in cohort with a team of doctors and therapists to address eating disorders such as anorexia, bulimia, binge eating and compulsive overeating.

### **Diabetes Education for December: Focus on Carbohydrate Counting**

Managing your blood sugar as well as your lipids can be quite challenging during the holiday season. Laura Cipullo of Laura Cipullo. LLC Nutrition Services is a Certified Diabetes Educator. Nutrition counseling will allow you to fully enjoy your holiday season, while 'eating the cake' too!

Laura Cipullo. LLC Nutrition Services  
Englewood Cliffs, New Jersey and Manhattan, New York