



Light Up Your Health!

Theresa Piane Taylor, CHC, AADP
Your Delaware Health and Nutrition Coach

A Full Service Health and Nutrition Coaching Company!

Light Up Your Health offers a large range of programs for individuals and organizations to gain more insight into their health and wellness needs. We work with all types of nutrition and wellness needs, such as organics, gluten intolerance, food sensitivities, weight loss, eating for energy, food and mood relationships and much more. Here is a list of our program offerings!



Coaching Services for Patients of Health Professionals

Light Up Your Health provides on-site nutrition wellness coaching for patients of health, wellness and medical professionals to complement other health regimens. **Light Up Your Health** coaches one-on-one, provides email and telephone support, a lending library, and progress tracking for patients. We work in full consultation with medical and health professionals and support specific treatments.



One-on-One Health Coaching: *Six-Month or Three-Month Programs*

Full service, six-month personal counseling program, with two (2) one-hour appointments each month, including a two-hour health food store tour, a pantry assessment and cooking demonstration. A three month basic program includes two (2) one-hour appointments each month, including a two-hour health food store tour, and a pantry assessment. Each program offers unlimited email support, access to an extensive lending library, lots of materials, recipes and links to information.

Group Classes

Why a group class? Our six week class is a cost-effective method of learning and a fun way to achieve your goals. Group class may focus around specific food issues or provide overall health and nutrition information. Topics may include how and why to eat gluten free, using a diet to fit your needs, including the Paleo diet, how to shop for organic and whole foods, how to perform a pantry assessment, cooking techniques, food sampling, recipes and more. And don't worry about missing a class! You can participate in future sessions for classes that you missed! Groups total 8 to 12 participants.



A la Carte Grocery Store Tour

Come with me on a 2-hour tour of your favorite grocery store and find out the best kinds of nutritious foods it has to offer. After this tour you'll walk away with confidence that you can choose foods that will support your health and wellbeing! And you'll have a shopping list and additional handouts to take with you and refer to over and over again!

A la Carte Pantry/Kitchen Assessment

Need support with what is already in your pantry? Let's plan a visit! During the 2 hours in your home we will go through your pantry and refrigerator and discuss what foods are beneficial to your health. And you will receive a shopping list and additional handouts to refer to over and over again!



A la Carte Cooking Demonstration

Learn about the art of cooking whole foods and other nutritious dishes in the comfort of your own home. Recipes include items such as greens, gluten free desserts and specialty grains among others and customized to your needs and interests.

* A discount of \$100 for the six month program or \$50 for the three month program is available upon full payment of services at the time of enrollment.

** If out of the Wilmington region, additional charges may apply.