Nutrition & Exercise Consultations

Personalized advice and instruction to improve your physical well-being

Nutrition and exercise are powerful tools to prevent chronic disease. Meet with a Registered Dietitian and/or fitness expert to receive individualized plans to meet your health and wellness goals.

Nutrition consultations include:

- Diabetes and pre-diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Metabolic syndrome
- Weight loss
- Osteoporosis and bone health
- Meal planning and shopping

Schedule your nutrition consultation today:

Mariah Reil
Senior Wellness Programs Specialist

mariah.reil@sanfordhealth.org
(605) 328-6888

Exercise consultations include:

- Beginning exercise
- Cardiovascular exercise
- Weight loss
- Working out at home
- Event training
- Chronic pain
- Mobility and balance
- Strength training

Schedule your exercise consultation today:

Maggie Rechtenbaugh
Sanford Health Plan Wellness Coach

maggie.rechtenbaugh@sanfordhealth.org
(605) 328-6852

SANFORD HEALTH PLAN

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