

OPTIMIZING Omega 3s™

Fat.

The word makes you cringe doesn't it? Well what if we told you omega 3 fatty acids are not only healthy, but essential? And that our body cannot produce them so we must consume them. Too often we eat excess of the wrong kinds of fats (which can make us fat!) but this program will help you identify and upgrade your intake so you're getting in the beneficial kind. The right balance also promotes a healthy inflammatory response and helps to get those fat-soluble nutrients (from other foods) in to your cells which in turn help your body run better. In this week long challenge you will learn tips about sourcing healthy Omegas 3s, upgrading what you already consume, and how to properly store and cook with them (equally important!). Our fun app and team of health coaches are ready to begin this journey along side you.

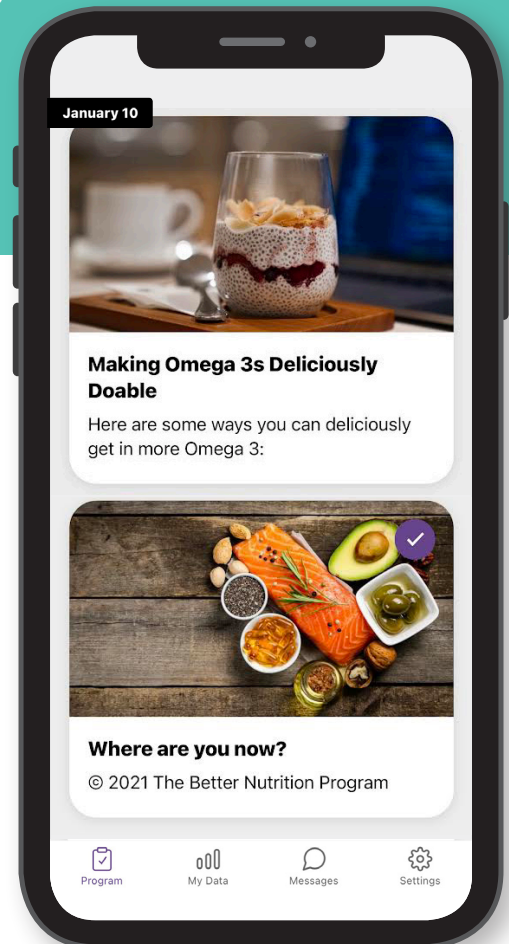
Cheers to upgrading your Omegas!

WHAT'S INCLUDED

- A one-on-one session with your coach & unlimited messaging during the program
- Personalized coaching sessions & group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes
- Tips & Tricks for better omega 3 sources
- VIP Online support community

WHAT YOU NEED

- A desire to learn more about healthy fats a week long commitment
- Permission from your physician or a referral from your provider to participate.



READY TO GET STARTED? Simply tell your practitioner "Sign Me Up" to get enrolled. Then look for an email from Programs@thebetternutritionprogram.com.
We look forward to meeting you and helping you incorporate better sources of healthy fats!

Optimizing Omega 3s™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, is an interactive program that will help you identify and prioritize getting in Omega 3 fatty acids. Fat!? But fat isn't good for you, right!? WRONG. The problem is we get in way too many not-so-good-for-you fats and we want to show you how to get in more of the better-for-you omegas like nuts and seeds, wild fish and grass fed animal protein as well as cruciferous veggies like broccoli, cauliflower and brussel sprouts. Why, you ask? Because fatty acids play an important role in our health by helping the body run better. They help fat-soluable nutrients from our diet get into our cells and promote a healthy inflammatory response. Our body doesn't make Omega 3s so we need to consume them in our diet. That's where this program comes in and Ashley Koff RD is here to teach you about and help you incorporate a better balance of healthy fats in a way that works for you!

This week long evidence-based and practitioner-proven program helps you upgrade and identify your better food choices and supplements. This allows you to get in healthy omegas as well as better practices for storing and cooking with them, which is equally important. Each day you will track your intake, get tips, recipes, and inspiration to help you identify and make your better nutrition and lifestyle choices. In addition you will meet virtually with a coach to help personalize the recommendations for you and your lifestyle (plus, you can message them any time!). AND because we thrive in community, we offer access to Koff and her team of experts in live group sessions. We know there is a big difference between knowing what to do and doing it more often. This personalized program meets you where you are and helps make getting in healthy fats both fun and doable.

If you're ready to reconsider Omega 3s in a way that is beneficial and easy, this program IS FOR YOU. It's as easy as asking your practitioner to sign you up, and getting a welcome email from us with your access to the app*. You will receive a message from your coach and your first video from Ashley Koff RD. Our personalized approach will guide you every step of the way. Let's do this!