



# NUTRITION PROGRAMS & COUNSELING

**Your Nutrition. Your Way.**

# The Process



**Launched Lose to Win**  
YUSA Program launched in 2018. The program structure did not meet the needs of all members.

**Launched Fitness Challenges**  
YOC developed fitness challenges for our members and were repeatedly asked for a nutrition component. (Pre-Covid)

**Community Survey**  
Post Covid YOC launched a community-wide survey to assess what members and non-members needed/wanted post-pandemic.

↓  
**61%**

want a fitness facility to offer nutritional and/or weight loss programs

**Taskforce Implemented**  
A taskforce of health & wellness experts was created, met and developed a program. In addition, this taskforce was used to develop staff skills in the YOC decision-making process.

**New Program Developed & Launched**  
Officially launched on April 29, 2023 at Healthy Kids Day event.



# The Expertise



## **MADISON CARDULLO, MS, RDN**

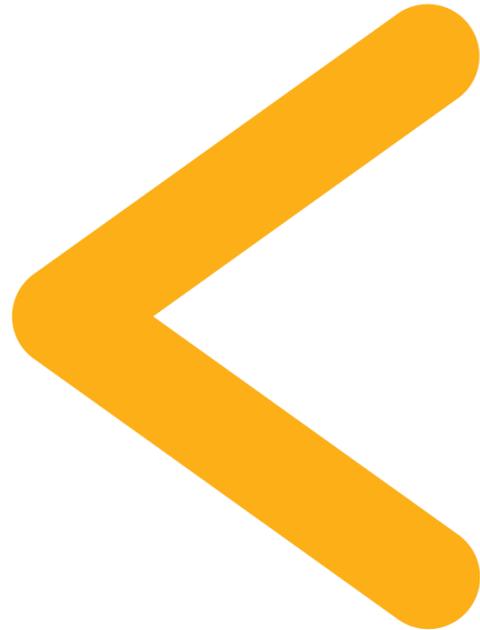
**Madison is a Registered Dietitian Nutritionist, who specializes in weight management, healthy eating habits, and behavior and lifestyle changes. Madison received her B.S. in Dietetics and Food Administration at California State University, Long Beach, and continued to obtain her M.S. in Nutritional Sciences.**

**Madison's food philosophy is that all foods fit into a balanced lifestyle, and finding the right path to health is unique for everyone. She aims to help clients achieve balance by focusing on daily habits and goal setting, while understanding what in our environment can affect our long-term goals.**

**Some of Madison's experiences include diabetes, heart disease, chronic kidney disease, and many other medical conditions. She also feels strongly about helping & supporting those individuals dealing with emotional eating, disordered eating, and yo-yo dieting to find balance with their life and food choices.**

# The Program

\$350



**PERSONALIZED PLAN**



**CUSTOM MEAL GUIDE**



**BIOMETRICS  
METABOLISM TESTING**



**IN-BODY SCAN**



**SUPPORTIVE &  
HEALTHY  
ENVIRONMENT**



**SCHEDULED  
ONE-ON-ONE  
CHECK-INS**



**PERSONAL TRAINING  
ADD-ON**

# Expansion Plan

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**Huntington Beach  
Family YMCA**

**Certified Dietitian**



**Fullerton  
Family YMCA**

**Certified Wellness  
Coach**

**Mission Viejo  
Family YMCA**

**Certified Wellness  
Coach**

**Laguna Niguel  
Family YMCA**

**Certified Wellness  
Coach**

**Newport-Mesa  
Family YMCA**

**Certified Wellness  
Coach**