



CLUB ACTIVE®
Change the way you age

TO HELP ME REACH DESIRED HEALTH OUTCOMES MY DIETITIAN TAKES INTO CONSIDERATION:



Age & Gender



Mental wellbeing



My current emotions



My Shopping & Cooking Skills



Support network



Motivation level



My goals & habits



My routine & schedule



Food preferences



Food & Drink for safe
swallowing



How I go to the toilet



Communication &
comprehension

WHAT IS THE ROLE OF A DIETITIAN?

The role of an accredited practicing dietitian is to provide you with tailored advice regarding nutrition and diet. You can work with a dietitian to reduce your risk for a variety of chronic diseases, or better manage your current health condition. Club Active Dietitians are experienced with a variety of health conditions, utilising the benefits of healthy foods to improve daily living. **Book in with a Club Active allied health professional now and #ChangeTheWayYouAge.**