



## **AMY PANETTA, MA NC**

Nutrition and Lifestyle Consultant  
<http://www.AmyPanetta.com>

### **Potential Nutrition and Lifestyle Classes - 2023-2024**

#### ***Eat the Rainbow: The Benefits of Consuming Colorful Foods***

Did you know that consuming meals filled with richly colored plant foods can have a very important, positive impact on your health? The pigments of different produce items can support energy, the immune system, as well as other systems of the body!

Let's enjoy this harvest season\* and enjoy the full bounty of nutrients that our delicious, colorful, local produce has to offer. Amy Panetta, MA NC, a Nutrition and Lifestyle Consultant, will share foods of each color of the rainbow, how they can be beneficial to your health, and recipes that you can use right away!

(\*omit "harvest season" if the talk will happen at another time of year.)

#### ***Food and Healthful Lifestyle Inspiration from the Mediterranean***

Since 1950, scientists have been studying the food, the way people eat, and the lifestyle of the countries that border on the Mediterranean Sea for its positive health benefits, including longevity. Seasonal foods, such as fresh and cooked vegetables, whole grains, legumes, fruits, olive oil, as well as good-quality dairy products, fish, and meats have been used. Eating meals consisting of these whole food items, in the company of others, as well as a good work-life balance and natural movement throughout the day, provide so many elements of a healthful lifestyle.

With Amy Panetta, MA NC, a Nutrition and Lifestyle Consultant, we will explore aspects of the Mediterranean lifestyle as inspiration to us in Quebec, such as local and seasonal foods to consume here, daily and natural movement that can be incorporated through the year, as well as social elements to include. You will walk away with plenty of tips and new recipes with local and seasonal food items!



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### **Stress Eating: Stress Support and Mindful Eating Strategies**

September can bring a frenzy of activities for so many of us. As we settle into the Autumn and a new academic year, we feel the pressures mount to stay afloat with our day-to-day responsibilities. With this new excitement and activities, it often leads to a feeling of overwhelm, where the body's "fight or flight" stress response is stuck in the "on" position.

Did you know that this state of stress can wreak havoc on so many of our body systems and boosts the body's need for calorie-dense, processed foods? Is there a solution to this cycle? If so, how can we break it? Amy Panetta, MA NC, a Nutrition and Lifestyle Consultant, will guide you through understanding the hormones at play, how you can stop this cycle, and find the right balance for you.

### **Low -Sugar Harvest & Halloween Fun**

Halloween and harvest Festivals can be tons of fun--and can often mean tons of sugar for child and adult tummies alike! They also can bring some anxiety for people of all ages who are feeling challenged with food allergies and sensitivities.

In this workshop with Amy Panetta, MA NC, Nutrition and Lifestyle Consultant, we will learn the biological effects of sugar on the body, and explore creative ideas for celebrating Halloween, so that you and your family can have tons of fun and a lot less sugar, temper tantrums, tummy aches, and other reactions! You'll walk away with party and trick-or-treating ideas, as well as recipes to enjoy sweet, nutrient-dense whole foods that are beneficial to all of us!



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### **Staying Healthy in Mind, Body, and Spirit Through the Holidays**

As we are moving into the darker part of our year, we are often affected in a variety of different ways. The lack of sunlight, coupled with harvest and winter holidays, can bring up a great deal of excitement, as well as trigger stress and anxiety.

In this workshop, Amy Panetta, MA NC, Nutrition and Lifestyle Consultant, we reflect on the nature of the dark half of the year, create personal goals, as well as learn powerful strategies to support our mood, stress management, and nourishing, whole-food eating. You will leave with inspiring ideas and holiday recipes!

### **Healthful Start to the New Year: "Eat food. Not too much. Mostly plants."**

Michael Pollan, journalist and author is credited to the quote in the title. Have you ever wanted to increase your amount of plant-based foods, but you just don't know how to start? Perhaps you are interested in gaining the health benefits, caring for animals, and/or protecting our planet. Amy Panetta, MA NC, a Nutrition and Lifestyle Consultant, and plant-based eater, will help guide you to increase your intake of fruits, vegetables, nuts, seeds, and legumes with tips and recipes.

### **School's Out for Summer: Self-Care Practices for Rejuvenation**

School is out and the summer is in full swing! Through the long winter, have you felt restless, as well as overwhelmed? Now that we have come to the warmer months of the year, with more sunshine, and possibly a looser schedule, we have a wonderful moment for rejuvenation.

With Amy Panetta, MA NC, Nutrition and Lifestyle Consultant, you will take a much-needed time-out and get inspired to take up some new self-care activities that will help you to exhale the stress, rebalance, and refill your cup! You will also learn the biochemistry of stress on the body, how it can impact many systems of health, and you will leave with a number of strategies you can use right away in your daily life! Through using these techniques consistently, you can feel well-rested and begin Autumn activities with a better sense of inner calm!



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### ***Amy Panetta, MA NC - Biography and Credentials***

Amy Panetta, MA NC, is a Nutrition and Lifestyle Consultant who empowers individuals and groups to find balance, support their health goals, and feel their best! Amy received her training as a Nutrition Consultant from Hawthorn University. In addition, Amy brings over 18 years of experience as an educator and a background in research as a cultural researcher. Amy provides nutritional education to the community by presenting talks and healthy food demonstrations to all ages at summer camps, schools, workplace wellness programs, places of worship, and senior citizen centers. For more information, Amy's webpage can be found at <http://www.amypanetta.com>.



**WWW.AMYPANETTA.COM**