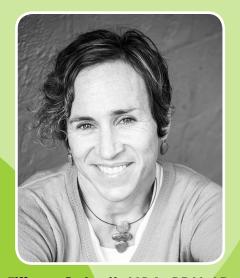
Families, teens,
kids, seniors,
weekend warriors,
athletes, you, me, everyone,
we all want satisfaction
from our food.

Welcome To Intuitive Eating

No side dish of guilt required.



Harvest Nutrition & Wellness at Hampshire Hills Athletic Club



Tiffany Calcutt, MBA, RDN, LD

Registered Dietitian &

Certified Intuitive Eating Counselor

Tiffany's goal is to
help people enjoy a positive
relationship with food and body
and guide them in their pursuit of
optimum health with sound nutrition.
She practices from a weight-neutral, HAES
(Health at Every Size) approach, which is
informed by the ten principles
of intuitive eating.

Growing up in the era of Snackwells and waif cover models, Tiffany appreciates the challenges we face amidst diet culture. We have a lot of learning (and "unlearning") to do. Tiffany brings her life experiences as a former division 1 soccer player and mother of three to her work. She loves what she does and considers it a privilege to work alongside each unique client and family on their journey to whole-body health.

Tiffany founded

Harvest Nutrition & Wellness,
a nutrition counseling business, in 2016.



at Hampshire Hills Athletic Club

Mend
Your Relationship
With
Food
Body Image
Movement



www.harvestnutritionwellness.com

lf

- You can't remember NOT worrying about food.
- You've tried and failed at lots of fad diets.
- You're caught in a weight loss and re-gain cycle.
- Your relationship with food and body is fraught.
- You think exercise is just a way to burn calories.
- You wish you could just eat normally.
- You're done with diet culture diminishiing your quality of life.

Lunderstand, Let's connect.

Private Nutrition Counseling To Help Manage & Improve

Food Related Stress

Athletic Performance

Diabetes & Pre-Diabetes

Disordered Eating

Hypertension

High Cholesterol

Gastrointestinal Distress

Food Allergies/Sensitivities

Low Energy

Family Feeding Challenges

Additional Offerings
From
Harvest Wellness & Nutrition

Group Intuitive Eating Classes

Pantry Refreshes

Grocery Store Excursions

Cooking Classes

Lunch 'N Learn Seminars

Consults By Appointment at Hampshire Hills Athletic Club

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