Comprehensive Nutrition and Exercise Program





Comprehensive Nutrition and Exercise Program (CNEP)

The CNEP is a personalized, comprehensive evaluation of both your basal metabolism using MEDGEM technology, total nutritional intake, and exercise evaluation. We provide a toolkit to support nutrition and exercise challenges for all patients.

The MCNEP consists of four sessions over a three-month period:

Session 1 includes basal metabolic rate measurement using our MEDGEM, three-day food record, review of health conditions and notes from primary care physician, and exercise assessment for limitations and functional abilities.

Session 2 includes comprehensive evaluation of the patient's metabolism, nutritional analysis, and exercise evaluation and programming. The patient will receive a toolkit to include

- Assessment of food record including all macro and micro nutrients, meal planning, and shopping strategies
- Food recommendations to address vitamin and mineral deficiencies.
- Explanation of basal metabolic rate and how it relates to weight management.
- Exercise recommendations including structured functional aerobic and anaerobic fitness plans, strength training schedule, and exercise guide via MedBridge.

Continue your progress with bimonthly emails and phone calls.

Sessions 3 and 4 at week 6 and 12 are milestones in your program and include a scheduled phone call to assess your progress or any needed adjustments to nutritional intake or further exercise information.

In-person sessions (1 and 2) are 50-60 minutes.
Sessions occur over a three-month period.

Please call or email with questions about location and Fees

Cash Check or Venmo

To learn more about the CNEP call
(513.)310.7963 or email Drcindycassell@gmail.com