

NUTRITION WORKSHOP

May 6th 6:00–8:00 pm

Register online at
CommunityPass.net
under the season
“Adult Sports & Exercise
Programs”

Workshop Overview:

Learn the basics of nutrition, how it supports your health and fitness goals, and receive personalized guidance you can apply to your daily routine!

Ringwood Community Center
UPSTAIRS
112 Erskine Road

**Instructor: Amanda DuMont, NASM
Certified Personal Trainer with a
specialization in Fitness Nutrition**

Ringwood Recreation 2026

the fun starts here!



\$20

Workshop Breakdown

Hour 1: Nutrition Fundamentals & Lifestyle Integration

- What are macros? Macronutrient Breakdown
- Does my nutrition match my goals?
- Are my lifestyle habits helping me?
- Is it time to eat? Meal timing & Structure
- What's for dinner? Meal prep made simple
- Healthy Substitutions

Hour 2: Personalized Nutrition Coaching

Participants will receive individualized attention and guidance, including:

- Quick lifestyle and goal assessment
- Personalized macro and calorie guidance (simplified)
- Sample daily meal structure tailored to their routine
- Recommendations for sustainable habit changes
- Q&A and troubleshooting real-life challenges (busy schedules, family meals, eating out, etc.)

Questions? Email recdept@ringwoodnj.net or (973) 475-7171