Appetite for Life — Creighton University’s successful weight management program — is now available to businesses on-site.

Appetite for Life includes eight, small-group sessions led by a registered dietitian. Held over a period of two months, the goal is to help participants establish healthier eating and lifestyle choices for long-term weight management.

Appetite for Life classes are held on-site during the business day for 30 minutes and can be offered to multiple groups during the same eight-week sessions. Baseline and follow-up health assessments are conducted during the first and last classes. Weeks two through seven will cover a variety of topics, such as:

- portion control
- the importance of exercise
- dining out tips
- choosing the right foods
- healthy cooking
- smart snacking

Other topics are available upon request.

Rita Frickel is a registered clinical dietitian and licensed medical nutrition therapist in the Cardiovascular Disease Prevention and Rehabilitation Program at the Creighton Cardiac Center. Rita has been involved in the development and implementation of Creighton’s weight loss program for the past 10 years.