

**Carla Kruck - Ruggieri
Credentials**



www.behappyinyourskin.com

Currently there are over 82 documented/ commercial diets and or “beliefs” that are taught and written about. I follow the basic health guidelines as researched and updated by the World Health Organization and National Institute of Health. Healthy, balanced and natural foods is the basis for this pragmatic system. The approach is to help my members gradually adopt healthier choices regarding food and exercise by giving them small little changes that produce large positive impacts. This method makes “The Plan” mentally attainable so that participants are able to stick to it and thus move weekly towards healthier habits. This plan does not tout or encourage fast weight loss, but a steady weight loss and solid maintenance plan for when goals have been met. I teach:

- A basic healthy eating plan that can be found with the World Health Organization and the National Institute of Health.
- Using natural foods in their “original Packaging”.
- Healthy cooking for busy people.
- The importance of Fiber, Omega rich FATS, and complex carbohydrates.
- Portion size and balance with regard to the food pyramid.
- Eating more frequently “snacks” to fuel the body, increase metabolism reduce the risk of binge and overeating.
- The Mifflin-St. Jeor and Harris – Benedict “guidelines” for caloric intake and use diaries to fine tune individual caloric intake based on individuals results, specific needs and tastes.
- Isometric toning to increase lean muscle mass with least possibility of injury and greatest possibility of compliance.
- Cardio exercise at a safe heart rate suitable for weight loss.
- A holistic focus on drinking water, breathing, sleeping and taking care of self.
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While all this is sound advice and is great in theory it is the guidance on how to follow safe, natural balanced eating that helps with the success. This comes from experience, counseling many and trouble shooting as new issues arises. I use humor, analogies, stories and visuals to help my clients better understand how they can overcome the mental and physical barriers they have experienced with food.

Much of what I do is motivational. There is currently no certification required for weight loss coaching. The only certification is for Registered Dieticians to work in hospitals. I do not claim to be a doctor or a psychiatrist. Therefore, I ask each participant to complete and sign a confidential form describing expectations and their responsibilities with the program. (attached)



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- 2002**
2002- Current
February 2004
April 2004
November 2005
November 2005
To Current
2002 – Current
2004 – Current
2009 – Current
1985
1984
- Lost 60 lbs following a nutritionally sound eating plan
“Live the Plan”. Continue to live by example and maintain ideal weight through healthy eating and exercise (walking).
Nutritional Training and Exercise Certification for ownership with *Inches-A-Weigh (IAW)*
Owned and Operated Weight loss center for women. (*IAW*) Counseled over 300 women to eat healthy, lose weight and exercise. Helped reduce blood pressure, eliminate medications, and reduce erratic sugar levels for diabetics. Motivated, encouraged and incorporated humor to help women with food issues.
Coach individuals on healthy eating and exercising. Initial consultations, daily eating plans, incorporating movement and safe exercise, reading weekly diaries, encouraging & motivating.
Highly interested in nutrition and weigh loss. Constant reading and research on nutrition, exercise and the illnesses surrounding obesity.
Practice yoga regularly
Incorporated my experience, unique style of reaching people regarding weight loss and my training to form Be Happy In Your Skin, LLC
Aerobics Instructor
Graduate Rutgers University

Member

Friends Health Connection
Medscape.com

Publications/Speaking

October 2005 article in Courier News regarding success with eating plans
February 2005 spoke on managing weight to Hunterdon County School Nurses Association
September 2008 spoke on nutrition and gave a cooking demo for Living Waters Church Wellness retreat.
November 2009 spoke on transitioning for “Women in Transition” at DBM

