

Little People of America
Trifecta 2015

NUTRITION

Friday 2:00-3:00 pm
Arizona Ballroom G

This open discussion will tackle the pertinent issues most LP's face at one point or another in their life regarding their weight due to short stature. Do you want to stop yo-yo dieting and successfully change your mindset for life once and for all? Let's all brainstorm together about proper daily calorie intake for LP's, portion control, healthy eating behaviors, nutrient dense drinks vs empty calories, emotional eating, and much more. Based on the needs of those in attendance, the goal of this workshop is to cover as many topics as possible including metabolism as we age, and the need to exercise.

Facilitator –

Linda Morris has been a member of LPA for over 40 years. She is a Dietitian, having earned her Degree in Nutrition and Dietetics from the University of Arizona in 1975. Her husband Brian, was a founding DAAA father, and healthy living and DAAA have been a very important part of their entire family's life. Linda is currently the Vice President of the Tucson, Arizona Chapter of LPA. She enjoys spending time with her 2 daughters, 2 sons, daughter-in-law, and granddaughter (all LP's).



Linda with daughter Amy