



LifeSteps® Leader Training Course Offered through Greater Valley Area Health Education Center

Pre-Requisites for LifeSteps® Leader Training

To qualify for enrollment in the LifeSteps® Leader Training Course, applicants are expected to be Registered Dietitians (RD) or Dietetic Technician, Registered (DTR). If applicants do not meet this criterion, the following criteria must be met:

- a. **All non-RD/DTR applicants** must demonstrate ongoing continuing education in nutrition (workshops, seminars, conferences, etc.) within the last 5 years **AND** meet one of the following criteria:
 - i. Hold a degree in nutrition from an accredited college.
 - ii. Hold a four year degree in a related health field (such as nursing, exercise physiology, health and wellness) and have completed a minimum of one (1) college level course in human nutrition.
 - iii. Hold a four year degree in a non-health field, have five (5) years work experience in a health related field AND have completed a minimum of one (1) college level course in human nutrition from an accredited college within the past 5 years.

Apply online at www.lifestepsweight.com/why-lifesteps or complete this form.

If you meet these criteria, please complete the Application Form on page 2 and submit all required documentation via email, fax, mail or online. Documentation includes:

1. Completed Application Form (page 2)
2. An updated résumé
 - a. If not an RD, on your résumé, please include college level nutrition courses you have taken or nutrition related work experience per the pre-requisite information listed above.
3. A brief letter describing:
 - a. Why you are seeking the LifeSteps® training
 - b. Your comfort/experience using a computer, the internet, or web based instruction

Email:	Fax:	Mail:
tracy@lifestepsweight.com	1-888-972-9749	LifeSteps®, Inc. P.O. Box 612 Mishawaka, IN 46546



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Application Form

Persons interested in taking the LifeSteps® training course must complete the LifeSteps® application process. You are not officially enrolled in the course until the registration form, Leader Agreement and fees have been received.

First Name:	Last Name:	Professional Suffix:
Employer:		
Address:		
City:	State:	ZIP:
Email:	Daytime Phone:	

Do you have access to current (2010 or later) LifeSteps® materials? yes no
If so, what is the name of company or person who owns these materials?

Highest Level of Education Achieved:

Bachelors Graduate degree Doctoral degree Major

How did you hear about LifeSteps®? (check all that apply.)

LifeSteps® website

Friend or colleague recommendation

Employer request or requirement

DPG listserv Which DPG?

Conference exhibit Which conference?

Other:

Do you have any comments or questions?