**RDN In Your Town - Newton**

Jane Polley, MS, RD, LDN

Nutrition and Water Exercise Director

Longfellow Health Clubs

1. **Describe your daily routine. What is a typical day like?**

*I see clients individually and in a group setting. The private sessions run almost every hour throughout the day, and some in the evenings. The groups are 2 hours long, including an extensive nutrition component along with 30 minutes of exercise. In between sessions, there is much to do, including calls to insurance companies, scheduling clients, and other management duties to stay integrated into the health club environment. I am also the director of our Water Exercise program. I teach 2 classes per week. I manage about 20 instructors, along with designing and implementing a variety of classes. In addition to all of this, there are “special projects,” including town health fairs, working with our tennis academy and teaching nutrition classes to the local “lifelong learning” organizations. Like most professionals, most days start early and end late.*

1. **What drew you to nutrition as a career?**

*I have a passion for combining SCIENCE based information, health and fitness. Utilizing this training to coaching an educate others to reach their goals is a very rewarding career. I used to work as a CPA (in public accounting). This was amazing experience but I realized I wanted to be in a field that would have a more direct impact on client’s health and quality of life.*

1. **How did you decide on your specific area of nutrition?**

*I started to work at Longfellow Health Club while I was in graduate school. It was a great opportunity to combine clinical and community nutrition in a dynamic environment.*

1. **Nutrition is an ever-evolving science.  How do you keep up with the research? (Or "How do you stay current?")**

*I read the monthly journals from the Academy. In addition, I balance my continuing education between science-based classes (e.g. a course on diabetes) with courses on counseling and behavior change. I prefer to go to seminars, rather than doing on-line courses. I READ as much as possible.*

1. **Do you have any particular areas of professional interest and/or expertise?**

*I really enjoy working with clients with type 2 Diabetes. It’s gratifying to see as their knowledge base builds (getting away from the trends and fads), and they make sustainable lifestyle changes, they can see dramatic differences in their health.*

1. **Beyond the nutrition coursework, what kinds of skills do you feel make a great dietitian?**

*Interpersonal skills, individualizing, patience, being able to collaborate with co-workers and other dietitians.*

1. **What do you love best about your current role?**

*The variety in my job along with the differences in each client’s personality and needs.*

1. **What are some of the most common challenges you face in your role as a RD?**

*Balancing time between seeing patients, completing administrative duties, staying an integral part of the health club environment where I work, and delicately minimizing interruptions when I am not in with clients and groups.*

1. **What nutrition myth would you like to debunk?**

*QUICK fix weight loss plans, powders and supplements (e.g. Isogenix); anti-carbohydrate/gluten/dairy plans (unless medically necessary)*

1. **How do you promote yourself as an RD outside of work?**

*Utilizing health insurance for billing, COMMUNITY OUTREACH (e.g. reaching town administrators, health fairs, library talks etc.), connections with club members-it is an incredibly extensive # of people that are integrated into their own professions, families and local community.*

1. **What advice would you give to someone considering a field in nutrition?**

*Become an RD-it opens up opportunity, more choices, autonomy, interdependence, fair compensation, billing health insurance, being part of an incredible professional organization-locally and nationally.*

1. **If you could offer one free piece of nutrition advice, what would it be?**

*SENSIBLE, SUSTAINABLE habits-develop balanced, healthy habits, (eating from all the food groups for stable blood sugar) while avoiding deprivation and extremes. Most people benefit from a plant based, “protective” eating plan that includes their favorite foods.*

1. **What is your favorite health/nutrition media—book, magazine, movie, podcast, blog, social media (Facebook, Twitter, etc.)?**

*Environmental Nutrition (monthly publication) for clients and for an “easy” summary of what is current*

*Charles Duhigg, The Power Of Habit*

*Judith Beck-all of her books*

*Stephen Kessler, The End Of Overeating*

*Steven Gullo-all of his books*

1. **What is your favorite recipe or dish to make?**

*Simple Salmon-the dressing is Vegenaise, mustard, thyme, salt and pepper.   Broil (or grill) a huge piece of salmon for 12-15 minutes. It’s enjoyable as a meal and the leftovers are even better for lunch the next day!*

1. **Many people have a misconception that dietitians don’t like certain foods like desserts, pizza, or rich, creamy foods. What is your favorite food indulgence?**

*70 % dark chocolate AND homemade hot chocolate-made with High Lawn Farms Milk, water, chocolate baking powder, light brown sugar, and vanilla extract.*

1. **How do you stay healthy when life gets busy or stressful?**

*ALWAYS protecting EARLY MORNING time for swimming, running, and stretching. In addition prayer, church, and sleep are the anchors for my well-being. Sharing in other people’s faith, values, and cultural interests also renews me.*

1. **What’s one thing about dietitians that you would want the public to know?**

*We are the nationally recognized professional organization and the leaders in science-based nutrition. When clients are researching to find the right support, keep in mind to stay selective because there is the right match for everyone. MA is the nation’s leader in HEALTH INSURANCE COVERAGE-including some plans that cover nutrition under preventative services.*