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Suzanne Rostler, Clinical Director at Great Moves!, to Appear at Boston Health & Fitness Expo

Join Rostler for a variety of nutrition sessions at the Hynes Convention Center on June 21 & 22

Newton, Mass. (June 11, 2008) – Consider these facts: An 8-ounce box of juice has as much sugar as an 8 ounce can of soda. The biggest source of salt in the American diet comes not from what we add to food after it's cooked, but from processed foods. For most Americans, these answers and their assumptions about the "healthy" food choices they make may be surprising.

Test your food-I.Q. with Suzanne Rostler in lively games of "True or False" and "Name That Food" at The Health & Fitness Expo at Boston's Hynes Convention Center on June 21 & 22. It's all part of a FREE two-day event that is about keeping you and your family fit and healthy.

"Our fast-paced lifestyle means a greater reliance on processed foods, but convenient food comes at a nutritional price for today's families," explained Rostler, MS, RD, Clinical Director of Great Moves! pediatric weight management center in Newton. "Once you're aware of the hidden sugars, salts and fats you're eating, you learn to read labels carefully and make healthier food choices. Over time, even small changes can yield big results for today's families".

Ms. Rostler will be hosting five, 15-minute game-show style nutrition sessions each day in between "Cooking with the Dish" healthy cooking demonstrations with News 7's Frances Rivera and celebrity chefs.

Boston's second annual Health & Fitness Expo is being sponsored by 7 NBC/CW56 and Partners HealthCare. This event is being held at the Hynes Convention Center on June 21 and 22 from 10:00 AM to 5:00 PM.



About Great Moves!

Great Moves! offers a medically supervised weight management program for children ages 6 to 18 years and their families. Great Moves! programs in Massachusetts are operated in collaboration with the physicians of Children's Hospital Boston. The program takes a multidisciplinary approach to weight management that includes physical activity, nutrition and behavioral support. The focus is to help children and their families develop healthy lifestyle habits that can be sustained over the long term. More information about Great Moves! can be found on the company's website, www.greatmoves.com, or by calling (617) 928-0006.