



NUTRITION AND WEIGHT MANAGEMENT COACHING

PLEASE CALL 748-3230 OR STOP BY OUR SERVICE DESK TO ENROLL

It's time to improve your health and say good-bye to dieting for good! Let our coaches' help you learn how to nurture good relationships with food and your body and create a balanced healthy lifestyle.

- **Lose weight, build strength and gain energy-** Whatever your goals, we will help you get there!
- **Say goodbye to dieting-** No complicated diets to follow. We'll start with your needs and goals and develop a plan to help you eat, move and live better!
- **Develop life-changing habits that last-** Break your big goals into small daily practices! Develop healthy habits that become second nature and last a lifetime.
- **Support, accountability and direction-** Your coach will be with you on every step of your journey no matter what life throws at you!

The plan offers an **INITIAL EVALUATION** where we will take an in depth look at your daily practices to establish an important baseline. We will then help you define your health and nutritional goals and identify lifestyle habits and eating behaviors that require change. The initial evaluation is 90-minutes.

SUPPORT SESSIONS include on-going support and reinforcement of your habits. Your nutritional strategy will be continuously assessed and revised to best support your wellness goals. Each support session is 60-minutes.

NUTRITION COACHING 4-PACK

Cost: \$199

Includes 1 Initial Evaluation + 3 Support Sessions

NUTRITION COACHING 6-PACK

Cost: \$279

Includes 1 Initial Evaluation + 5 Support Sessions

NUTRITION COACHING 12-PACK

Cost: \$519

Includes 1 Initial Evaluation + 11 Support Sessions