

Nutrition Services

Get On Track Package

- This introductory program is designed to educate members on creating an individualized nutrition plan. Nutrition counseling will focus on concepts of eating whole foods, changing eating habits, and developing strategies to reach specific short-term health and fitness goals. Program includes:
 - o 1-hour comprehensive nutritional assessment
 - o Three, 30-minute private nutrition counseling sessions over six weeks

Make a difference in your health by choosing the right track!

Cost: \$95

Counseling Session Add-on

- Reinforce what you learned during your nutrition program or gain extra motivation. Must have completed the Get On Track program or Nutrition Assessment.
 - o 30-minute private nutrition counseling session

Cost: \$25

Nutrition Assessment

- Review your health history, medications/supplements intake, and nutrition habits and complete a daily food log. Recommendations will be provided to best meet your needs.
 - o 1-hour comprehensive nutritional assessment

Cost: \$60

Additional Programs Coming Soon!

To schedule an appointment, please stop by the Members Services Desk or call us at 814-868-7800.