



Personal Nutrition and Fitness Coaching Packages

Nutrition and Fitness Assessment | Cost \$285

This comprehensive assessment provides information about your current health and wellness and helps establish nutrition and fitness goals. Participants meet with a registered dietitian and health and wellness coach for one hour each, this includes assessments and development of a plan for follow-up and next steps.

For accurate results, participants must be fasting (no food, no caffeine) and no exercise the day of the assessment. Water is permitted. Fitness clothes are recommended for this appointment.

Nutrition Assessment

- » Complete diet history review
- » Tailored nutrition education
- » Discussion of goals and expectations
- » Metabolic Testing
- » Online tracking tool set-up
- » Customized meal plan

Fitness Assessment

- » Inbody® Body Composition Analysis
- » Baseline fitness tests
- » Discussion of goals and expectations
- » Exercise prescription

Follow-up Appointments

As part of this package, you will schedule 30 minute follow-up appointments with your dietitian and health and wellness coach. You will discuss progress and determine next steps.

Nutrition and Fitness Packages

Packages are ideal for those who have completed the nutrition and fitness assessment or a weight management program class.

Two Month Package | Cost \$175

- » Two fitness and two nutrition coaching appointments (30 minutes)
- » Two months of online tracking

Four Month Package | Cost \$350

- » Four fitness and four nutrition coaching appointments (30 minutes)
- » Four months of online tracking
- » Follow-up InBody® Body Composition Analysis

Six Month Package | Cost \$495

- » Six fitness and six nutrition coaching appointments (30 minutes)
- » Six months of online tracking
- » Follow-up InBody® Body Composition Analysis

To schedule an appointment, please call the Sanny & Jerry Ryan Center for Prevention & Genetics at 701.732.7620.

