

Personal Nutrition and Fitness Coaching Package

Cost \$285

This comprehensive package provides information about your current health and wellness and helps establish nutrition and fitness goals. Participants will meet with experts including a registered dietitian and a health and wellness coach.

For accurate results, participants must be fasting for at least four hours. No caffeine and no exercise the day of the assessments. Water is permitted. Fitness clothes are recommended.

Nutrition Assessment - 60 minutes

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

Fitness Assessment - 60 minutes

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

One 30 minute nutrition and one 30 minute fitness follow up visit is included in the initial fee

Follow-up sessions after completion of initial package*

- 30 min \$35
- 45 min \$52.50
- 60 min \$70

*Purchase 6 sessions and receive **10% off**

*Purchase 12 sessions and receive **15% off**

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