



NUTRITION

Working with a dietitian on a regular basis has been shown to lead to positive lifestyle changes. Just like your personal trainer, a dietitian can provide you with accountability, consistency and ongoing support for long-term success whether your goal is weightloss, sports performance and/or family nutrition.

Services:

Initial Consultation

Member: \$40

Non-Member: \$70

This is a 60 minute session that covers your medical history, lifestyle, food preferences, supplements, and weight loss history. You will leave with educational handouts, a 7-day meal plan, a grocery guide and specific action steps to help you reach your goals. Option to add customized nutrition portfolio.

Customized Nutrition Portfolio

Member: \$60

Non-Member: \$105

Your customized nutrition portfolio gives you a more personalized approach. It includes a personal health assessment including a review of what foods you currently eat, your nutrient/macro needs, body fat analysis and measurements, recipes, and helpful handouts designed specifically for you, based on your individual nutrition and health goals. Especially beneficial to those who can't seem to get the last few pounds off, or for individuals who like to see the numbers and reasons for recommendations. Expect this session to last 60-90 minutes. *(Must have an Initial Consultation before adding the customized Nutrition Portfolio)*

Follow-up Visits

Member: \$20/session

Non-Member: \$35/session

These 30 minute meetings are designed to monitor progress, review food records, maintain motivation, and modify meal plans as needed. Your initial follow-up visit should be within 1 - 2 weeks and scheduled bi-weekly or monthly until the maintenance phase. *(Must have an Initial Consultation before adding Follow-up Visits)*

For the Veteran

Member: \$40

Non-Member: \$70

If you already have a good nutrition base, opt for a 30-minute session with a 14-day jumpstart plan: Receive body fat analysis, measurements, and 14 days of customized meals based on your goals and food preferences. *(Must have an Initial Consultation before adding the Veteran program)*

**For more information, or to schedule an appointment, please contact our Fitness Coordinator, Deanna Popp at dpopp@valleyathletics.com.*