



www.pelicanbay.org

Nutrition

\$20

Any client who has completed either the nutrition tune-up or Nutrition Jump Start can schedule a Nutrition Check-in appointment. These visits are intended to answer questions specific to your meal plan or nutrition goals. This visit type may also be helpful for those looking for a new recipe or meal ideas. Visits are scheduled in 15 minute increments.

Remember a healthier you is just one meal away!

What you'll receive:

- One, 15 minutes individual Q&A session with Registered Dietitian
- Appropriate nutrition education material and recipes

Normal Price: \$30

Healthy Start Price: \$20

Summer Savings: \$10

* Follow up BMI and body fat analysis can be scheduled at any time for a cost of \$25.

Check-in



Call the fitness center today at 239 597 7332 to schedule your appointment.