



www.pelicanbay.org

Nutrition

\$45

Have you thought about making healthy diet changes but aren't sure how to get started? Do you think you are eating well but just want to be sure? Sign up for a Nutrition Jump Start appointment and get the guidance and answers that you need! Nutrition Jump Start will provide a fundamental review of your current eating habits and some specific recommendations for improvement. We will work together to create an achievable action plan to help you stay motivated and meet your nutrition goal! Clients are encouraged to complete a brief nutrition history and 24 hour diet recall prior to the appointment. Paperwork for your appointment can be picked up at the fitness center or found on our website pelicanbay.org under the Amenities tab, Nutrition and Health.

Remember a healthier you is just one meal away!

What you'll receive:

- One, 30 minutes individual nutrition consultation
- Personalized recommendations
- Appropriate nutrition education material and recipes
- An action plan for meeting your nutrition goal

Normal Price: \$60

Healthy Start Price: \$45

Summer Savings: \$15

Jump Start



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