



www.pelicanbay.org

Nutrition

\$125

Are you concerned about sodium, fat or carbohydrate intake? Has your doctor advised you change your diet or lose weight? Well, the nutrition tune up appointment is just what the doctor ordered! Take an in-depth look at your current eating habits and receive a meal plan and recommendation specific to your needs. A follow up visit is also included in this package and will be scheduled 2-3 weeks after your initial appointment. The follow up appointment is intended to address your specific questions and to check on progress with your goals. Clients are encouraged to complete a nutrition history form and hand in a 3 day diet record 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:

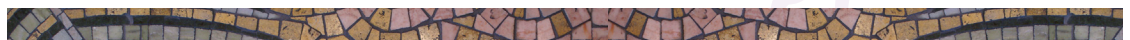
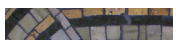
- One, 60 minutes individual nutrition consultation
- One, 15 minute follow up visit
- Personalized meal plan and recommendations
- BMI and body fat analysis
- Appropriate nutrition education material and recipes

Normal Price: \$200

Healthy Start Price: \$125

Summer Savings: \$75

Tune-Up



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