



NUTRITION COACHING

EAT WELL. LIVE WELL. BE WELL.

Find a healthier, happier you with the help of a personal nutrition coach! Your nutrition habits play a significant role in your overall health. Consuming a balanced diet can help you feel your best, prevent or manage chronic diseases and aid in weight loss and weight maintenance.

YMCA NUTRITION COACHING

We all need the advice of an expert sometimes, as well as the personal attention that comes with a coach. Meet 1-on-1 with a Nutrition Coach to discuss your individual nutrition needs and create a plan for a healthier diet. Topics may include, but are not limited to:

- Foundations of a Healthy Diet
- Meal Planning
- Emotional Eating
- Chronic Disease Prevention
- Behavior Modification for Long-Term Weight Management

Nutrition Coaching Pricing

- FREE 30-minute consultation (One time, for members only)
- (1) 60-minute session OR (2) 30-minute sessions

Member: \$55.00

Package Options - Members Only

- (3) 60-minute or (6) 30-minute sessions of coaching- \$150
- (6) 60-minute or (12) 30-minute sessions of coaching- \$285
- (10) 60-minute or (20) 30-minute sessions of coaching- \$440

Ready to get started? Fill out the form on the back and return to the Sturgeon Bay Welcome Center.



NUTRITION COACHING FOR METABOLIC HEALTH

Contact Information:

First Name, Last Name: _____

Email: _____

Phone: _____

Preferred Contact Method: _____

What are your Concerns and Goals?

What are your Priorities?

Please rank the following as best you can from 1 to 6 (1 being the highest priority).

- _____ Lose Fat
- _____ Improve Stamina and Conditioning
- _____ Improve Health Profile
- _____ Understand How to Fuel your Body for Fun and Health
- _____ Build Muscle and Get Stronger
- _____ Avoid Metabolic Disease/Improve Insulin Sensitivity

If you want to proceed with Nutrition Coaching, some additional information will be gathered and you will want to inform your physician that you may be modifying your nutrition, current level of physical activity and even your lifestyle.