

BZ Nutri-Coaching

Just as a personal trainer helps you understand what types of exercise your body needs for results, a nutrition coach can help you gain an understanding of your nutritional needs. Nutri-Coaching is a structured conversation with a Body Zone dietitian, a degreed nutrition expert you can trust, to evaluate your eating habits, your lifestyle and your health status.

You can benefit from Nutri-Coaching if you are:

- Seeking individualized support to lose weight
- You want to reduce the risk of or control heart disease, high blood pressure and type 2 diabetes
- Need a strategy to help eat more healthfully
- Confused about all the nutrition information in the media

Your session(s) will include:

- A nutrition assessment
- Personal goal setting
- Personal eating plan
- Personally tailored nutrition information

Introductory Rates:

Initial Session (1-hour) - \$55

Follow-up (30-minutes) - \$35

Coaching Package:

Initial Visit + (4) Follow-ups - \$175

