

## Nutrition Counseling

*“Eating well is not about guilt or will power, it’s about making healthy, intelligent choices that fit your lifestyle.”*

Nutritional counseling offers a unique look at the individual and develops a nutrition plan that is special to each person. Whether you want to lose weight or just gain an understanding of nutrition, your sessions will be an eye opening experience to the way you look at food and its impact on one’s well being. Our on-site nutritionist, Kim England, and certified health counselor, Jane Savage, will help you develop and implement a healthy lifestyle for you and your family. Kim holds a Masters’ Degree in nutrition and Jane, also of our tennis department, is a graduate of the Institute of the Integrative Nutrition in NYC. We assess your current eating habits and structure conversations in a non-judgmental environment.

**Call Kim or Jane today.**

**Listed below are some topics covered in a nutrition counseling...**

- Identify and manage nutrition saboteurs
- Learn nutrition navigation – learn how to shop smart
- Review current diet fads and popular diet trends
- Navigate restaurant menus
- Acquire skills to cope with the challenges of eating well in today’s busy world
- Learn family meal planning
- Understand and manage your lifestyle and how it effects your health
- Nutrition to improve athletics and gaining muscle mass
- Focus on maintaining an ideal body weight

**If you answer YES to any of these questions, then nutritional counseling is right for you...**

- You feel “stuck” in poor eating habits and can’t break them?
- You exercise but can’t seem to lose weight?
- Suffer from food cravings?
- Tired of having low energy?
- Confused when you grocery shop?

**Private Counseling**

Private Counseling- In private counseling, we address the specific needs of the individual and create healthy lasting nutrition and lifestyle changes

	Member	Non-Member
1 session	\$45	\$50
3 pack	\$40	\$45
5 pack	\$38	\$43
Sessions are 45 Minutes	Prices reflect per person/ per session fee	

**Group Counseling (2 or more people)**

We also offer Group Counseling (2 or more people) for friends who want to support each other or for a family who wants to work together to become a “fit family”. Call for current rates.

