

Nutrition Counseling

Sportsplex welcomes Jane Savage to our nutrition Department

Our on-site nutritionists, Kim England and Jane Savage will help find a nutrition regimen that's best for you. Kim holds a Masters Degree in nutrition and Jane, also of our tennis department, is a graduate from the Institute of Integrative Nutrition in Manhattan. Specializing in weight management, our six week Fall into Healthier Eating Workshops can help you meet your dietary goals. If you prefer one on one counseling, fifty minute consultations can be arranged with either Kim or Jane

Six-Week Workshops are going on now!

Tuesdays 6:30–7:30PM

Workshop Fee: Members:\$108 Non Members: \$130

One-on-One Counseling

1 session	\$35	5 sessions	\$33
3 sessions	\$34	10 sessions	\$32

Nutrition Counseling is for you, if you are unsure about:

- Carbs, no carbs?
- How much sugar is too much sugar?
- Protein, what's best?
- Should I take supplements and which ones?
- South Beach, Atkins, Zone...ahhh???
- How much exercise should I be doing?
- Cardio, weights, what's the right mix?

If you answered "yes" to any of these questions or are still scratching your head, we'll see you at the next workshop.

To register for either the workshop or one-on-one, call Kim England, Fitness Director

Registration Form

Nutrition Counseling

Name _____ Member No. _____

Workshop: _____ One-on-One: _____ # of Sessions: _____

Address _____ City/State/Zip _____

Home Phone _____ Work/Cell Phone _____

E-Mail _____