

Wellness

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.

Jane Savage, our on site health coach, will empower you to make healthy choices for you and your family. Jane, also of our tennis department, is a graduate of the Institute of Integrative Nutrition in NYC. Jane will make you feel comfortable in your own body and give you support to reach all of your health goals.

Call 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

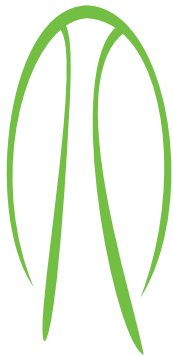
If you answer YES to any of these questions, then nutritional counseling is right for you...

- 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 - 50 Minute Session	\$50 each	\$55 each
3 pack - 50 Minute Sessions	\$47 each	\$52 each
6 pack - 50 Minute Sessions	\$45 each	\$50 each



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