



Nutrition Counseling



Initial Consultation + Follow-up \$80 for Members / \$95 for Non-Members

Tanita Body Scan:

Measures your weight, bone mass, visceral fat, muscle mass, metabolic age, fat percentage, physique rating, water percentage, daily caloric intake, and basal metabolic rate.

One-on-one Interview:

In order to provide you with a nutrition guide that aligns with your preferences, we will explore various avenues and ask thought-provoking questions to provide us with insight into your personal goals. We will then utilize this information to devise a program that will help to achieve your unique nutrition objectives.

Personalized Nutrition Plan:

By reviewing your nutrition goals and food preferences, we will be able to devise a plan that not only helps you achieve your desired outcomes, but also incorporates foods that you truly enjoy. Our aim is to help you create a healthy and sustainable relationship with food, with specified carbohydrate, fat, and protein targets.

Additional Sessions \$50 for Members / \$65 for Non-Members

- Evaluation and revision of nutritional plans depending on client's needs
- Assessment of nutritional status and food preferences
- Nutritional Education
- Meal Planning

For more information contact Kimbre Varney kvarney@alymca.org