



HEALTH COACHING

Food to Fitness - Lifestyle Packages for Nutrition & Personal Training

NUTRITION COACHING PACKAGE \$135

- One 60 Minute Nutrition Assessment
- Three 30 Minute Nutrition Follow Up Sessions

Review your nutritional health and current dietary patterns with ProActive's registered dietitian during your nutrition assessment. Together, you will establish an eating pattern to meet both food preferences and health/fitness goals. Three follow up sessions will provide accountability, adjustments and progress in fulfilling nutritional and dietary goals.

NUTRITION COACHING & TRAINING PACKAGE \$260

- One 60 Minute Nutrition Assessment
- One 60 Minute Fitness Assessment
- Three 30 Minute Nutrition Follow Up Sessions
- Three 30 Minute Training Follow Up Sessions

Review your nutritional health and fitness level with ProActive's registered dietitian and personal trainer in two assessment sessions. Together, you will identify areas needing support and change in diet and fitness activity. Six follow up sessions will provide accountability, adjustments and progress in fulfilling fitness and nutritional goals.

FOR MORE INFORMATION

Contact Dietitian & Personal Trainer Lisa Graff
402.413.3559 | lgraff@madonna.org

PURCHASE AT FRONT DESK

Session dates & times scheduled by
dietitian/trainer & member as needed