

# NUTRITION

## HEALTHY FOR LIFE!



FIVE POINTS  
WASHINGTON

## NUTRITION COACHING & EDUCATION PROGRAM



### NUTRITION PROGRAM DETAILS

- Receive an initial consultation with a nutrition coach
- The nutrition coach will:
  - ⇒ recommend amounts of protein, carbs, and fats for you based on your activity level
  - ⇒ educate you on which foods to eat to reach your fat loss and or performance goals
  - ⇒ coach you on how to work towards improving your current nutrition habits
  - ⇒ explain how to fill out the nutrition tracking spread sheet which will help track your nutrition intake, energy levels, sleep, barriers to change and goals
- Weekly check ins with your coach via email for 6 weeks
- Progress pictures & measurements to be taken at home each week by you

### WHO SHOULD PARTICIPATE?

- Anyone that has tried a diet in the past and failed
- Those who cannot seem to stick to a program
- Busy moms and dads
- People with busy lifestyles that do not have extra time to spend weighing and/or measuring foods
- If you want to lose body fat
- Any person looking to improve their physique
- Individuals looking to improve their performance in the gym

### NUTRITION PROGRAM PRICING

#### 3 Months

\$279 Member

\$330 Non-member

#### 6 Months

\$499 Member

\$550 Non-member

*\*20% off discount on nutrition if you purchase 10 or more personal training sessions with a Personal Trainer.*

### PROGRAM BENEFITS

- Weekly check-ins with your coach by phone or email will hold you accountable and keep you consistent
- An individualized plan created just for you will allow you to meet your specific needs and goals
- Learning how to improve your nutrition habits will last you a lifetime
- There is no excessive calorie counting or food measuring with this program

**SIGN UP AT FIVE POINTS WASHINGTON TODAY & LET'S GET STARTED!**

309-444-8222 [joyg@fivepointswashington.org](mailto:joyg@fivepointswashington.org) [www.fivepointswashington.org](http://www.fivepointswashington.org)