



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DON'T WASTE THAT WORKOUT



**BOOK WITH ONE OF OUR
NUTRITION PROFESSIONALS TODAY**

Nutrition counseling begins **Jan 1, 2018**



PACKAGES INCLUDE

**3 Months
\$125**

**6 Months
\$225**

- Initial assessment
- Meal plan
- Regular contact with your nutrition professional
- Unlimited follow-ups