

## **SERVICES**

### **Initial Visit (1 hour)**

**\$550**

- Blood lipids and glucose tested and evaluated
- Family health history evaluated
- Personal health history evaluated
- Height, weight, lean muscle mass & percent of body fat determined
- Current medical and fitness condition evaluated
- Lifestyle evaluated
- Personal Fitness and nutrition goals established
- Evaluation of current physical condition
- Blood pressure taken
- Postural analysis
- Orthopedic and neurological testing as needed
- If medication is prescribed, a drug/nutrient evaluation is conducted

### **Second Visit (1 hour)**

**\$325**

- Personalized nutrition and exercise program presented and explained
- Clients begin to keep track of their foods, including: foods eaten, times eaten, energy levels, sleep patterns, digestion, etc.
- Based on findings from the initial visit, an individualized stretching and rehabilitative program is developed.

### **Weekly Follow Up Visits (1/2 hour)**

**\$70**

- Weight and body fat percentage taken
- Weekly food intake and energy levels evaluated
- Foods adjusted as metabolic efficiency and body composition change
- Ongoing coaching provided based on how you "communicate" with food in your life
- Exercise programs and training modified as overall wellness improves.