



Nutrition Re-Boot

Smart eating and comprehensive fitness training!

Nutrition consultations and fitness training.

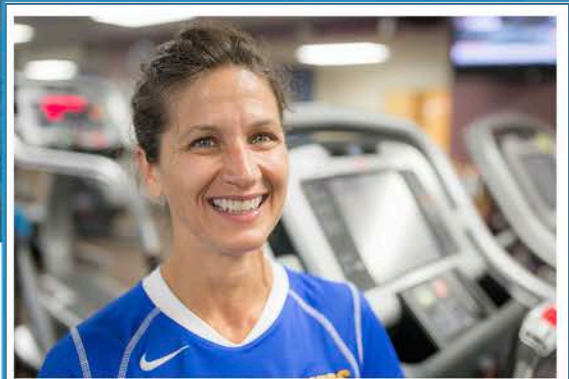
Clients have the option to combine nutrition and exercise, as our nutrition team are also Certified Personal Trainers.

You can even use part of your package for personal training to compliment your nutrition work!

Our certified nutrition specialists will help you:

- Create and maintain positive eating behaviors
- Build long and short term attainable goals
- Understand dietary allowances and energy nutrients
- Determine Total Energy Expenditure (TEE)
- Calculate energy needs for endurance athletes
- Identify pitfalls of dieting
- Read and understand food labels
- Manage nutrition, weight and general fitness

Register at worcestersfitness.com/nutrition or at Member Services



ESSENTIAL NUTRITION PACKAGE

\$199 includes:
3/one hour nutrition sessions

WELLNESS PACKAGE

\$594 includes:
3/one hour nutrition sessions
and 5/one hour personal
training sessions