



*Delightful alliance of the good...  
and good for you*

## NUTRITION & HEALTH

Food and nutrition play an integral part in ensuring you can live life to its fullest with abundant energy. Using evidence-based approaches, our registered nutrition coaches work with you in a relaxed setting to help customize your eating plan in a highly personalized and results-oriented manner.

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### HEALTHY SPA CUISINE

We encourage you to partake in our Healthy Spa Cuisine menu developed through the combined efforts of our Registered Dietitian and Executive Chef. Food offerings are available daily and can be ordered at the spa front desk. *Please plan for a 30-minute preparation time when placing your order.*

### NUTRITION FOR ACTIVE LIVING

Allow our Wellness Coaches to create a blueprint for your fitness and nutritional lifestyle in order to increase your energy and overall well-being. Included in this program are the following topics:

- Bod Pod Body Composition Assessment
- Weight Management Discussion and Strategies
- Pre and Post Workout Nutrition
- Grocery Store Checklists
- How to Read Nutrition Labels
- Recommended weekly workout schedule including strength and cardiovascular activity recommendations
- Basic Nutrition Guidance
- Goal Setting for Future Success
- Supplement Recommendations

*Please note this consultation is not intended to address specific medically related issues or concerns.*