

NUTRITION

NUTRITIOUS & HEALTHY

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.



NUTRITION FOR ACTIVE LIVING

Get a jump-start on a progressive lifestyle and plan your personalized Nutrition for Active Living consultation with Well & Being. Whether you are a fitness guru or just beginning your new active lifestyle, Nutrition for Active Living is a customized program helping you to become healthier, stronger, and ultimately happier! Our Wellness Coaches 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/concerns.

NUTRITION CONSULTATION

Our nutrition coaches work with you to provide individualized nutrition recommendations, eating plan, counseling and goal setting. A variety of health or performance related topics customized to you will be covered and may include a selection of: optimal wellness, healthy eating, athletic performance, diabetes prevention, and heart, digestive and bone health, hormonal health, menopause and weight loss.

Depending on specific health needs, this service can be extended to 90-minutes which includes a customized week of menus, shopping lists and the Body Gem Resting Metabolic Rate (RMR) diagnostic test. **60/90-MINUTES**

HEALTHY SPA CUISINE

Well & Being proudly promotes a healthy and balanced lifestyle. We encourage you to partake in our Healthy Spa Cuisine menu as well - this menu was 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.

