

energized eats!

our nutritional programs are designed to give you the guidance and motivation needed to reach the path of personal wellness.

Adrienne Bennett, our registered licensed dietician, provides services to monitor nutrition and weight management, sports nutrition, and medical nutrition therapy.

nutrition & weight management
through an individual consultation, Adrienne will establish personal nutritional goals, provide diet education, & promote lifelong health changes.

sports nutrition
our registered licensed dietician will work to ensure athletes are receiving appropriate nutrition to fuel workouts and meet individual performance goals.

medical nutrition therapy
our registered licensed dietician will work with individuals with medical conditions to help reduce complications, decrease further health problems, and improve their quality of life. This program covers over 80 health conditions.

nutritional program prices

individual consultations

30 minute	\$35
60 minute	\$70
90 minute	\$105

packages

adult complete **\$125**
consists of an initial 60 minute consultation & two 30 minute follow up visits

kid complete **\$150**
consists of an initial 90 minute consultation & two 30 minute follow up visits



Now Offering ... Personal Training/ e-trition Joint Package!

See your personal wellness
come full-circle ... combine
the benefits of personal
training with nutrition!

- FREE initial fitness assessment
- 3 Personal Training sessions
- 1-hour Nutrition Consultation
- ONLY \$169

