



Nutrition Services at emPower

Nutrition Counseling Package - \$120

- Initial 60 minute consultation and goal setting session
- Comprehensive client analysis
- Food log review
- Custom designed menus based on food preferences, metabolic type and nutrition needs
- Weekly communication and access to nutritionist
- Weekly weigh ins (at emPower on a BodyFat Analysis Scale)
- Follow-up meeting (4 weeks later)
- Continuing support: 1st nutrition support group visit is free-of-charge

Nutrition Support Group - \$135 clients / \$185 non-clients

Are you frustrated with your nutritional efforts to be lean? Do you find yourself falling into thought patterns and eating habits that sabotage your weight loss efforts? This group is for you! We will teach you to identify sabotaging thoughts leading to uncontrolled eating behaviors. You will learn how to change your response to temptation and develop confidence in your ability to make food choices that will keep you lean!

During our 8 week support group you learn how to:

- Break down goals into small successes
- Differentiate between hunger, desire and cravings
- End overeating, binge eating and/or emotional eating
- Identify sabotaging thought patterns
- Remove struggle surrounding food choices

**** Nutrition Counseling clients get a discounted rate*

1-on-1 Nutrition Consult- \$40

Meet with our on-staff nutritionist to discuss your individual dietary struggles, nutrition needs and meal plan solutions. Consult agendas are structured around individual goals and preferences. Learn how to plan, prepare and eat for fat loss and optimum performance. Learn how to achieve the results you desire from a well balanced nutrition program.

Services free of charge as Nutritionist:

- Food Log Review
- General Nutrition Questions
- Evaluating Menus (as written by clients)