



## **AYB NUTRITION PRICING 2019**

All sessions are with a registered and licensed dietitian with a Master's Degree in Nutrition.

### **Free Wellness Assessment (45 mins)**

- Review of client questionnaire including health, nutrition, exercise and lifestyle
- 7 site skinfold body composition
- Lab assessment with any nutrition related bloodwork
- Readiness questionnaire
- Overall recommendation based on health risks and benefits presented during assessment

### **Initial Nutrition Session General Wellness (60 minute session + 2 weeks food diaries & questions)**

**\$175 for 1 person or \$265 for 2 in the same household, \$95 for full time students.**

This session is scheduled after the free wellness assessment has been conducted by a dietitian.

- Specific nutrition plan with amounts, types of foods, and timing
- Explanation and goals from 7 site skinfold body composition
- Meal and snack plan
- Achievable goals
- Science backed nutrition education to answer your questions about foods, supplements, diets, or anything else nutrition related
- Includes 2 weeks food diaries with comments from your dietitian
- Includes 2 weeks unlimited messaging/questions -we are here for anything you need!

### **Initial Nutrition Session Sports Specific (60 minute session + 2 weeks food diaries & questions)**

**\$200 for 1 person or \$275 for 2 in the same household, \$105 for full time students**

Includes all of the benefits of a general wellness session but also includes timing for optimal performance: before/during/after workouts or competition.

### **Nutrition Follow-Up General Wellness (30 mins) \$50**

- Review of food diary
- Review of meal plan
- Recommendations
- Goal setting

### **Nutrition Follow-Up Sports Specific (30 mins) \$60**

All of the benefits of the general wellness follow-up but includes race day planning, supplement advice as well as fine tuning the timing of nutrients and fluid for optimal performance.

### **Body Composition & Nutrition Follow-Up (15 mins) \$25**

- 7 site skinfold test & answering nutrition questions

**Resting Metabolic Rate Testing (30 mins) \$60**

- 30 minute test done first thing in the morning
- Detailed, personalized handouts on your resting metabolic rate to take the guesswork out of meal planning and workout suggestions. We recommend this be done in addition to the free wellness assessment prior to your Initial Nutrition Session.

**Nutrition Seminars for your team or group (60 mins) \$100**

- Seminar on a topic of your choice for sports teams, lunch and learn events, retreats, groups of friends, health fairs, worksite wellness, or any other event or group

**Daily Food Diaries: \$50 per month/auto draft, cancel anytime**

- 2 weeks are included with the first session. After that, you can bring your food diaries in and discuss during a follow up session, or you can opt for continuing daily food diaries (we make comments on these and send them back to you - many clients like the accountability and choose this option plus the body fat analysis every 4-6 weeks until they reach their goals)

**Grocery Store Class (2 hours)**

- Takes place at a local grocery store
- Price varies with participant number and time
- Detailed handouts on healthy and practical shopping guidelines, label reading, best choices, produce selection, easy meal ideas, and healthy shopping list

**\*\*\*\*\*INTRODUCING NUTRITION PACKAGES\*\*\*\*\***

**Nutrition Package General Wellness (10% discount)**

**\$256.50 for 1 person, \$391.50 for 2**

- Wellness Assessment
- Resting Metabolic Rate test
- Initial Nutrition Session General Wellness
- Nutrition Follow Up General Wellness

**Nutrition Package Sports Specific (10% discount)**

**\$288 for 1 person, \$409.50 for 2**

- Wellness Assessment
- Resting Metabolic Rate test
- Initial Nutrition Session Sports specific
- Nutrition Follow Up Sports specific