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www.nutrition-in-motion.net
 ~ healthy nutrition for
 everyday living ~

Schedule of Services (as of 09/2008)

~Gift certificates available, credit cards accepted ~

215-272-6774

Personal Nutrition Coaching

Initial coaching session - typically 60-110 minutes, can run longer	\$110 per hour
~~ initial nutrition analysis survey, health profile, health history, goal planning, BMR, meal planning, BIA and review, etc	
Follow-up sessions	\$110 per hour
~~ review food diary pages, challenges, successes, retest BIA and compare numbers (not available for phone and email clients), adjustment to menu plan, revise plan as needed, etc	
Phone sessions - same as in person but without BIA testing (unless with local practitioner)	\$110 per hour
BIA testing + review - measure your BMR, BMI, fat mass, lean body mass, total water (inside + out), etc	\$40.00
Menu Planning ~ I put together the menu with exact meal and the timing of meals based on your exact schedule	\$150 per plan
Meal planning update - Revision from previous plan already put together	\$75.00
3-pack coaching package - 3 x 60 min sessions (10% savings)	\$300.00
4-pack coaching package - 4 x 60 min sessions (12% savings)	\$390.00
6-pack coaching package - 6 x 60 minute sessions (15% savings)	\$570.00
12-pack coaching package - 12 x 60 minute session (20% savings)	\$1,060.00
<u>Sports Nutrition Coaching</u>	\$110 per hour
~~ Recover faster so you can train longer and stronger. Learn how to eat better to become more lean and in better race-shape. Learn how to take in the right kinds of fuels and calories to avoid the dreaded "bonk" and running out of steam during your training or racing event. How to better use the product you are using now or change to something better. We'll show you how!	
Race Day Nutrition Analysis	\$110 per hour
~~ What to do on race day including pre-race dinner, pre-race breakfast and recovery meal. Also included - what to use while racing to avoid dehydrating or running out of gas. Use the products you use now better, or switch to something that may work better (provided we have enough time to try other products). Learn to use real foods or the best of ready to use products.	
Supplements also available from Metagenics, Hammer Nutrition and others. Call to get your fix now!	

8 Week Nutrition Boot Camp

Get your nutrition into shape !! Designed for a groups of 5 or more.	add \$15 materials fee to each charge
~ Feel the best you ever have in 8 weeks!	
~ weekly presentations (110 minutes), weekly food diary pages, homework, change one habit at a time, learn how to incorporate a healthy habit each week; build upon previous weeks topics, articles to read, recipes to try, sample meal plans	
As a group of 5 or more	\$400 per person
As an individual program, 1-on-1 (without the group)	\$1,100.00
~~ includes everything as the group program, but one on one attention to focus on your needs.	
As an individual program with workbook and CD audio portion - no diary page review	\$300.00
As an individual program with workbook and CD audio portion + diary page review weekly/ consult	\$500.00

Other services:

Pantry review ~	\$110 per hour
~~A review of what you have in your pantry and refrigerator. I offer suggestions for healthier replacements	
Supplement review ~	\$110 per hour
~~Do you have too many vitamins and not sure what you should be taking? Let me help you sort thru them	
Personal Grocery Shopping Assistant ~	\$110 per hour
~~Having a hard time knowing what to buy? Let me join you while you shop to help make those healthier choices. I will help with recipes as you shop.	
Restaurant Eating Assistant ~	\$110 per hour
~~ Have me join you at your favorite eating establishment to help you pick the better option and to know how to alter the menu to make a healthier treat. Don't feel like you have to order off the menu - order just the way you want it! Learn how easy it really is to get what you ask for.	
Recipe Review ~	\$30 per menu
~~ Need healthier alternatives? Need to make it wheat free? Without dairy? Without gluten? Got allergies? Let me help you make the changes you need to get a healthy recipe together (and still be tasty!!)	
Cooking Made Easy Classes - coming soon!	

Seminars ~ available upon request and availability. Various topics available.	rates vary
Ask about group, family or buddy-sign-up discounts	rates vary
<u>Swimming lessons - various locations</u>	
Learn to breath easier, move more efficiently and effortlessly thru the water. Focus on proper body mechanics which eliminate tension. Triathletes, beginning adults and children over 5 years old.	
30 minute sessions	\$45.00
45 minute sessions	\$65.00
60 minute sessions	\$85.00
Video taping - mini DVD (each taping)	\$10 + lesson
Underwater video taping - mini DVD (each taping)	\$20 + lesson
Private aqua sessions - in your pool - 1 hour	\$100.00
Learn 2 Swim 4 Triathlon clinics - group program for 8-10 people. 4-5 weeks of 2 hour sessions per week to help you get started	\$ 215 per person

Triathlon Coaching - see separate page listing for details

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