

Fitness Nutrition Coaching at La Vita



Are you trying to lose weight or improve your health, but are struggling? La Vita is now offering Fitness Nutrition Coaching!

EatSmart 3 Session Package: \$99

Eating the right food is vital for your health. Our EatSmart Package includes 3 sessions designed to educate you on the basics of nutrition and teach you how to make the best choices for long-term success.

After your free consultation with one of La Vita's Certified Fitness Nutrition Specialists, you will meet with your coach to cover a variety of topics that will be individualized to help you meet your needs and goals.

Some of the topics covered during the EatSmart program:

- Essential nutrient needs and amounts
- Food journaling
- App trackers and websites for food tracking
- Calculating your resting metabolic rate vs your caloric intake
- Portion control
- SMART goal setting/barriers
- Healthier snack options
- Grocery store survival
- Tips and tricks for long-term success
- Reading food labels

Sign up for a FREE consultation to learn about what this program has to offer. Stop by La Vita Member Services or call **(608) 745-3800**.

*Program available to current La Vita members.

Follow-up Fitness Nutrition Coaching

After completing the **EatSmart** program, you will be able to purchase individual follow-up appointments for continued support.

Single Session: \$60 per hour

Registered Dietitian option at Divine Savior Healthcare

If you have special dietary needs or restrictions, please contact our Registered Dietitians at Divine Savior Healthcare. To set up an appointment call 608-745-5122.

LA VITA