



Empower Personal Training is excited to announce our new and improved nutrition services that are guaranteed to get you on the right track to achieving your overall goals!

***Comprehensive Wellness Solution..... \$289***

Meet with an Empower Registered Dietitian who will conduct a comprehensive assessment and evaluation of your medical, nutritional, weight, social and family history and make recommendations for change. This service is recommended for people with a chronic disease or condition including obesity, diabetes, cancer, heart disease, high cholesterol, high blood pressure, or digestive disorders. It is also suitable for athletes, pregnant or postpartum women (or those planning to become pregnant), and those who follow special diets (e.g. vegetarian diet, gluten free diet, etc.).

Includes:

- One 75 minute Consultation
- Two 60 minute Follow Up Appointments

***Weight Management Solution ..... \$289***

This comprehensive service is ideal for clients that have specific weight loss, weight gain and/or weight management goals. Meet with one of Empower's Registered Dietitians for three appointments and receive unparalleled personal attention and guidance specific to your diet and nutrition. Make the changes necessary to finally bust through that plateau and be on your way to achieving RESULTS.

Includes:

- One 75 minute Consultation
- Two 60 minute Follow Up Appointments

***Holistic Nutrition Solution..... \$289***

This service has a similar format to the Comprehensive Wellness Solution with the focus on bringing relief and balance to the whole body through healing foods, targeted herbs and condition-specific supplementation. Discomfort in the body is a sign of imbalance which can often be relieved by replenishing nutrients. Your individualized nutrition regimen will help your body rid itself of harmful material while optimizing nutrient levels to build a stronger, healthier body.

Some examples of what a holistic consultation may help you achieve:

- Improved blood sugar balance resulting in effective weight loss
- Relieve acid reflux resulting in improved digestion
- Relieve constipation resulting in improved immune function
- Reduce aches and pains, headaches resulting in better quality of life
- Relieve/manage gout and kidney stones resulting in less inflammation in the body
- Improve skin appearance, strengthen nails & hair resulting in more confidence

Includes:

- One 75 minute Consultation
- Two 60 minute Follow Up Appointments



***Initial Nutrition Counseling***

**FREE 20 minute Phone Consultation**

Empower Personal takes a tailored approach to Nutrition Counseling so it is important that you select the service that will help you achieve your nutrition goals. You will speak directly with one of Empower's highly trained Registered Dietitians to go over the various nutrition packages available. This complimentary service is available to help you determine which nutrition service is right for you. *(Limit 1 per client)*

**Wellness Nutrition Counseling (75 minutes) .....\$129**

At this session, our Registered Dietitian will conduct a comprehensive assessment and evaluation of your medical, nutritional, weight, social and family history. You will receive nutrition recommendations tailored to fit your lifestyle and eating preferences to help you reach your nutrition goals and needs. This consultation is recommended for individuals with specific weight management goals including weight loss and weight gain, people with a chronic disease or condition including obesity, diabetes, cancer, heart disease, high cholesterol, high blood pressure, or digestive disorders. It is also suitable for athletes, pregnant or postpartum women (or those planning to become pregnant), and those who follow special diets (e.g. vegetarian diet, gluten free diet, etc.).

**Holistic Nutrition Counseling Session (75 minutes)..... \$129**

Essentially, nutrition is the single most important controllable factor in determining our quality of life. Ancient wisdom understood this fact many centuries ago and today science confirms what ancient Chinese medicine and ancient Indian medicine, known as Ayurveda, have taught for thousands of years. Viewing the body as an interconnected entity rather than a disjointed network of systems, a holistic nutrition consultation allows the nutritionist to pinpoint areas of imbalance and to target these with food-based recommendations. Resolve common medical conditions (i.e. high cholesterol or high blood pressure) without drugs, design a detoxification plan to "cleanse" the body, conquer issues with sugar metabolism, relieve skin issues, minimize allergies and more.

**Partner Nutrition Counseling (90 minutes) .....\$159**

Bring your partner/spouse or child for Empower's Partner Nutrition Counseling and learn how you can work together to achieve your specific metabolic and nutritional needs and how to set realistic weight loss, weight maintenance or weight gain goals.

***Follow Up Services***

Getting on the path towards reaching your nutritional goals and needs is not a one-time endeavor. It is usually a process that involves much fine-tuning, support, and taking small steps toward learning to feed our bodies with a positive approach that we can benefit from for a lifetime. Follow-up sessions will help you in this process.

- 30 minute Follow-up Session ..... \$59**
- 60 minute Follow- up Session.....\$89**



**Additional Services**

**Maintenance and Accountability Programs (These programs are available in addition to the initial nutrition counseling sessions)**

**60 minute sessions**

<b>5 sessions (\$85/session)</b> .....	<b>\$425</b>
<b>10 sessions (\$80/session)</b> .....	<b>\$800</b>

**30 minute sessions**

<b>5 sessions (\$55/session)</b> .....	<b>\$275</b>
<b>10 sessions (\$50/session)</b> .....	<b>\$500</b>

**Resting Metabolic Rate Measurement ..... \$119**

This service provides a scientific measurement of your metabolic needs. A 10-minute breathing test is conducted in a fasting state, and through highly accurate indirect calorimetry technology you will learn how many calories your body needs at rest. This service is ideal for anyone embarking on a weight loss plan. It is also helpful for individuals who suspect that a slow metabolism is preventing them from achieving their health goals.

**Personalized Meal Plans**

<b>2-week customized plan</b> .....	<b>\$300</b>
<b>4-week customized plan</b> .....	<b>\$500</b>

**In-home Nutrition Consultation and Pantry Analysis (2 hours) ..... \$199**

The service provides a comprehensive evaluation of the nutrient quality of the products in your kitchen. Recommendations will be given on products to keep, products to replace with healthier alternatives, and products to eliminate from your kitchen. A list of healthy staples will also be provided. Basic education of reading food labels is also included.

**Cooking Classes or Demonstrations ..... Pricing varies**

**Cleanse and Detoxification Programs**

**Empower’s 21 Day Purification Program .....\$349**

Purification, also known as detoxification, can help remove natural toxins from your body and help maintain healthy weight. We are exposed to external toxins everyday, including environmental pollutants and pesticides in the air we breathe and the foods we eat. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened causing fatigue, aches and pains, weight gain and impaired immune function, to name a few. Results vary but you can expect many benefits including weight loss, improved blood lipids, improved blood pressure, renewed energy and vitality, and absence of daily discomforts such as aches and pains or digestive complaints. Join Cara Demu, Empower's Registered Dietitian on this guided 21 Day Detox program and give yourself the gift of great health.