

RAMSAY

NUTRITION



IT'S YOUR HEALTH
TAKE A STAND.

BUILD HABITS FOR LIFE.

EAT WELL LIVE WELL

An approach to nutrition and wellness using simple behaviour modification strategies to create positive change without the stress of “dieting.”

EVERY TIME YOU EAT OR DRINK,
YOU ARE EITHER FEEDING
DISEASE, OR FIGHTING IT.

- HEATHER MORGAN

Who is this program for?



This program is suitable for you if:

- You want to get started and build a foundation of knowledge related to your top nutrition challenges and goals.
- You want to brush up on your current eating habits or are looking for general healthy eating advice, meal planning tips or are looking to lose weight.
- You want to learn more about sports nutrition for recreational fitness training or competitive sports.
- You have multiple goals related to nutrition and overall health, and want to make a change but have found it hard.
- You need a coach to work together with you for clear guidance, encouragement, and accountability.



NUTRITION COACHING - \$279

The 6 week Nutrition Coaching package provides clients with an opportunity to build healthy habits and learn how to fuel their bodies properly.

It includes an initial one-on-one consultation, body fat calculation, printed information packet and a series of educational emails, goal setting, individualized nutrition plan, food log review and professional feedback (email communication and support) as well as (2) 30 minute follow-up sessions (at week 2 and 4), and a final consultation.

As Precision Nutrition Level 1 Coaches in partnership with Dr. Charles Wong, at Reebok CrossFit Ramsay, we are committed to providing nutrition clients with expert recommendations regarding their health and wellbeing.

Testimonial

“I loved how the information came progressively and not all at once. It helped me change my habits on my own terms, and learn while doing so. It wasn't overwhelming, but very empowering.” - MB

For individuals wanting to take their nutrition to the next level, or who need more in depth coaching on meal planning specific to their body composition, we offer **meal plans for \$125/week.**



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