

## Welcome to *Nutrition On The Go*

Dear

Congratulations, you have made a commitment to improve your health through nutrition and lifestyle management.

**Your appointment is scheduled for:**

**at: THE FITNESS LOFT located at THE MILL, 697 Valley Street, 2<sup>nd</sup> FL, Maplewood, NJ**

This is not a one – size fits all approach – what may work for you may not work for the next person. It is my goal to understand your needs, personality and body composition in order to offer realistic and personal solutions to your nutrition and health concerns. Changing your lifestyle is a process that cannot be accomplished in one visit. Here is what you can expect:

**Initial Session:** Comprehensive food and lifestyle assessment based upon a Health and Nutrition Questionnaire and goal setting.

**Subsequent Sessions:** Modifying eating behaviors to make healthy food choices.

### **SESSIONS**

Initial nutrition assessment  
1 ½ hours

Nutrition series package  
(Four 1 hour follow – up sessions)

Follow – up nutrition session  
1 hour

Nutrition series package  
(Four ½ hour follow – up sessions)

### **POLICIES**

- Check, cash or money order may be used to pay for initial and follow – up appointments. Payment is expected at the time of the initial nutrition assessment and follow – up. All series packages must be pre – paid. We do not confirm appointments.
- There is a \$30.00 charge for all returned checks.
- Appointments start as scheduled. Please arrive on time.
- Pre – paid fees for follow – up appointments will not be refunded or exchanged, and appointment will be forfeited if you do not show or cancel your scheduled appointment with at least 24 hours notice. Make – ups may be available during the week of missed appointment if space permits.
- For any concerns, please contact me at 973 571-1752. I have a 24 hour voice mail.