



Heavens elevated fitness

NUTRITION & LIFESTYLE

MEMBER

NON MEMBER

REGISTERED DIETITIAN OR REGISTERED HOLISTIC NUTRITIONIST

CONSULTATION

Includes 1 - 60 minute consultation to answer and provide tips on proper nutrition from information provided from personal 3-day diet log

\$115

\$135

CUSTOM DIET ANALYSIS

Includes 1 - 60 minute consultation followed up with 1 – 60 minute personalized diet analysis and custom meal plan provided from 3 day diet log and prior consultation

\$339

\$399

Check your health benefits plan. Nutrition session may be covered

LIFECOACHING

CONSULTATION

Includes 1 - 60minute consultation to answer and provide guidance on self-awareness and personal goals

\$95

\$120

What's the difference between a Registered Dietitian and a Registered Holistic Nutritionist?

*Our **Registered Dietitian** focuses on metabolic disorders and specializes in digestive disorders such as Inflammatory Bowel Disease*

*Our **Registered Holistic Nutritionist** focuses on proper nutrition through clean eating such as whole, live natural foods and a balanced nutritional lifestyle*

Why a Lifecoach?

How would it feel if you could...Establish a greater self-awareness, increase your income and improve your business, define personal values, improve personal effectiveness and productivity, define and achieve your goals OR enhance your decision making skills

Our Certified Lifecoach can help!

WOULD YOU LIKE **ADDITIONAL** INFORMATION?

Contact the Personal Training Director at 403.263.3113
or e-mail personaltraining@heavensfitness.com