

Nutrition Services at BayCare Fitness Centers



Nutrition is one of the pillars of good health. It's vital in helping you manage your weight and keeping diseases at bay. Nutrition plus lifestyle change equals your best life.

Your registered dietitian nutritionist is a licensed nutrition professional. With their help, you can reach your goals and use food as fuel for your mind, body and spirit. Meet with your dietitian nutritionist for a one-hour initial consultation, then continue with 30-minute nutrition coaching follow-up meetings as needed.

Nutrition Services

Initial Nutrition Consultation

- Full assessment of your individual nutrition needs.
- Support and tools in modifying behaviors around food.
- Goal setting based on your individual needs.
- Answers to your nutrition questions.

Nutrition Coaching Follow-Up

- Review progress, receive support, and accountability.
- Identify and discuss any barriers to your success.
- Guidance in modifying goals and plans as needed.
- Feedback and continued answers to your questions.

Nutrition Pricing

Initial Nutrition Consultation:

- 60-min Individual.....\$75
- 90-min Family/Couple.....\$140

Nutrition Coaching Follow-Ups

- 30-min Individual.....\$35
- 30-min Family/Couple.....\$50

Packages

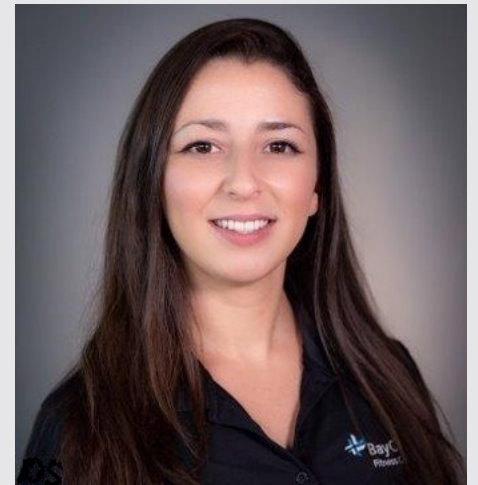
Jump Start Package:

Includes:

- 1 60-min Individual Consultation & 3 30-min follow-ups.....\$170

Follow Up Packages:

- 3 30-min follow-ups.....\$100
- 5 30-min follow-ups.....\$160



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Schedule Your Appointment Today!

BayCare Fitness Center
BayCare Outpatient Center
900 Carillon Parkway
St. Petersburg, FL 33716
(727) 502-4444
#MM15153

BayCare Fitness Center
BayCare HealthHub™
2470 Bloomingdale Ave.
Valrico, FL 33596
(813) 586-8600
#MM40927

Cheek-Powell Fitness Center
Morton Plant Hospital
455 Pinellas St.
Clearwater, FL 33756
(727) 462-7685
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 **BayCare**
Fitness Centers

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