



Personalize Your Eating!

Is all the new information about what to eat confusing you?
Have you been exercising and not getting the results you want?
Are you trying to improve your sport performance?

TRY: Nutritional Counseling

Program	Time	Member	Non-Member
Initial Assessment	1 hour	\$80	\$120
Follow-up sessions	1/2 hour	\$35	\$45
Package of 5 <i>(includes Initial Assessment)</i>		\$200	\$250

Sessions may include general health history, food intake reporting, weight, waist/hip measurements, and sport performance tracking.

OR: Nutritional Coaching

Inwood Athletic Club members can hire a nutrition coach for a month to help them better achieve their nutritional goals. The Nutrition Coach will meet with the client for a 1 hour initial consult to set up a plan of action. The coach will then keep in touch with the client 2-3 times per week – via email, phone or 1-on-1 to assess progress (about 20 minutes per week).

Program	Cost
First Month	\$99 Members Only
Follow-up sessions	\$75 per month/Members Only

Our knowledgeable staff looks forward to helping you achieve your health and fitness goals.

Call 815.741.7275 ext 201 to set up an appointment with one of our Nutrition Coaches to personalize your eating program.

Gloria J. Dollinger, RD, LDN
Nutrition Supervisor
Joliet Park District

- Nutrition Services**
- General Nutrition Counseling
 - Weight Loss
 - Sports Performance
 - Specific Diet Education
 - Diabetic
 - Low Cholesterol
 - High Fiber
 - Kids Nutrition Education

Coaches educate and motivate each client to achieve their personal health and fitness goals.