NUTRITION SERVICES

Individual Nutrition Counseling

Meet with our Registered Dietitian to discuss your nutrition habits and concerns. Whether your interest is in weight loss, weight gain, improving a medical condition with diet, or general healthy eating, these one-on-one sessions are instrumental for successful nutrition outcomes.

One hour session $60
30-minute follow-up session $30

Nutrition Package

One 60-minute session and three 30-minute follow-up sessions $142.50 (equates to a 5% discount)

Nutrition and Exercise Package

Studies show time and time again that physical activity and healthy food choices/habits are the one-two punch necessary for effective, long-term body fat loss.

The Nutrition and Exercise Package combines one 60-minute session and one 30-minute follow-up session with our Registered Dietitian along with one 60-minute and two 30-minute follow-up personal training sessions with one of our Exercise Physiologists.

A winning combination! $161.50 (equates to a 5% discount)

For more information or to sign-up, contact The Fitness Center at (336) 878-6221

HIGH POINT REGIONAL UNC HEALTH CARE