

VALHALLA

HEALTH & FITNESS CLUB

NUTRITIONAL SERVICES

...Helping you to reach your nutrition goals quicker and more effectively!

Offering clients a personalized and practical method to help clients achieve their health, nutritional and fitness goals by incorporating them into their lifestyle. Helping clients stay healthy, helping those with medical conditions to manage or improve them and advising clients on ways to increase energy and vitality.

Individualized Medical Nutrition Therapy for:

- Diabetes or Insulin Resistance (pre-diabetes)
- High Cholesterol or Heart Disease
- Weight Management (maintaining, losing or gaining weight)
- Healthy Eating
- Food Allergies or Intolerances
- Cancer
- Digestive or Bowel Problems
- Children and Nutrition
- Pregnancy (before, during and after)

Other Nutrition Services Provided:

- Individualized Initial Assessment
- Individualized Follow-up Assessment
- Highmark Nutrition Wellness Classes
- Highmark PNC
- Weight Management System/8 Week Program
- Various Programs Combining Nutrition and Fitness Challenges
- Nutrition Seminars
- Eating Well for Life Club

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For more information contact:



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