



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NUTRITIONAL COUNSELING & WEIGHT MANAGEMENT

**SPRING 2012**

## **Nutritional Counseling & Weight Management**

Good nutrition is an important part of a Healthy Lifestyle. At the Y, our Registered Dietitian is available to support your nutrition goals. *Consultations and Counseling is available for children, youths, adults and families.*

### **Starter Consultations (30-Minutes)**

This is a great place to get started on your path to good nutrition. Explore the benefits of meeting with a registered dietitian, ask those questions you've always wanted to ask and get a feel for whether or not one-on-one counseling is for you.

<b>Session</b>	<b>Length</b>	<b>Quantity</b>	<b>Fee</b>	<b>Program Code</b>
Individual	30 Minutes	1 Session	\$30	NUTRI INDST
Family	30 Minutes	1 Session	\$45	NUTRI FAMST

### **Nutritional Counseling (1-Hour)**

During this one-on-one our registered dietitian will evaluate your nutrition history, discuss your goals and objectives and provide personalized meal plans specific to your calorie, protein, carbohydrate and fat needs. You will discuss your food preferences and challenges, receive recipe modifications and learn to read food labels.

<b>Session</b>	<b>Length</b>	<b>Quantity</b>	<b>Fee</b>	<b>Program Code</b>
Individual	60 Minutes	2 Session	\$120	NUTRI IND2
Family	60 Minutes	2 Session	\$200	NUTRI FAM2
Individual	60 Minutes	4 Sessions	\$220	NUTRI IND4
Family	60 Minutes	4 Sessions	\$300	NUTRI FAM4
Individual	60 Minutes	6 Sessions	\$320	NUTRI IND6
Family	60 Minutes	6 Sessions	\$400	NUTRI FAM6

**Registration is available online or at Member Services. Session days and times are individually booked; once you have registered you will be contacted by our Registered Dietitian to set up a day and time.**

### **Healthy Recipes & Nutrition Tips**

Visit the Burbank Community YMCA website for monthly healthy, simple recipe ideas and nutrition tips.

Go to [www.burbankymca.org](http://www.burbankymca.org) and click on the Healthy Tips & Recipes icon

