



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YOUR RECIPE FOR SUCCESS

**Nutrition Counseling**  
**AMON G. CARTER, JR. DOWNTOWN YMCA**

## **Start-Up Nutrition Consultation**

Meet with our registered dietitian for a 1-hour start-up consultation where you will talk about eating habits, diet/weight history and wellness goals. A Start-Up Consultation must be completed prior to any other dietitian sessions.

- Member—\$60/Non-Member—\$120

## **Individual 30-Minute Consultations**

Meet with our registered dietitian for 30-minute sessions that will build on the Start-Up Consultation. These sessions will focus on your goals and provide support and education to live a healthier life. Sessions can also provide medical nutrition therapy to manage diabetes.\*

- 3 Sessions: Member—\$105/Non-Member—\$150
- 6 Sessions: Member—\$210/Non-Member—\$315

## **Nutrition & Personal Training Package**

This package includes nutrition counseling & personal training to focus on overall wellness. Members will receive 30 minutes of nutritional counseling and 30 minutes of personal training for each session. The dietitian and personal trainer will work together to push you toward your wellness goals!\*

- 5 Sessions: Member—\$315/Non-Member—\$500
- 10 Sessions: Member—\$600/Non-Member—\$850

\*All packages require the Start-Up Consultation to be completed

## **Scheduling Appointments:**

Appointments are available on Monday and Wednesday. See the Welcome Desk or contact Ruth Murillo, RD to schedule an appointment.

Email: [Rthompson-murillo@ymcafw.org](mailto:Rthompson-murillo@ymcafw.org)

Phone: 817-332-3281



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**YMCA Registration Form**  
**(Fill out completely – please PRINT)**

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Goal weight: \_\_\_\_\_ BMI: \_\_\_\_\_

Cell Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Dietitian Package Purchased:

Start Up Consultation

3 sessions individual

5 sessions nutrition & PT

6 sessions individual

10 sessions nutrition & PT

Availability:

Monday Time: \_\_\_\_\_

Wednesday Time: \_\_\_\_\_

Other \_\_\_\_\_ Time: \_\_\_\_\_

What is your main reason for seeing a dietitian?

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Do you have a history of any of the following medical conditions?

- Diabetes/Pre-Diabetes
- Heart Attack/Stroke
- High Blood Pressure/Cholesterol
- Crohns/Celiac/Ulcerative Colitis
- Chronic Kidney Disease/End Stage Renal Disease
- Eating Disorder
- Other \_\_\_\_\_