



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR RECIPE FOR SUCCESS



Nutrition Counseling AMON G. CARTER, JR. DOWNTOWN YMCA

Nutrition Consultations

Meet the YMCA registered dietitian for 45-minute sessions to discuss your eating habits and work on modifying your behavior in a sustainable way. Get a personalized nutrition plan and expert advice that will help you reach strategic nutrition goals. Establish accountability for long term success!

- 3 Sessions: Members \$90 Non-Members \$135
- 6 Sessions: Members \$180 Non-Members \$270

Nutrition & Personal Training Package

This package includes nutrition counseling and personal training to provide overall wellness. Members will receive 45 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 \$300 Non-Members \$450
- 10 Sessions: Member \$560 Non-Members \$825

To Schedule Appointments:

See the Welcome Desk or contact Ruth Murillo, RD

Phone: 817-332-3281 Email: Rthompson-murillo@ymcafw.org



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YMCA Registration Form

Name _____ Age _____ Gender _____

Address _____ City _____ Zip _____

Height: _____ Weight: _____ Goal weight: _____ BMI: _____

Cell Phone Number _____ Email Address _____

Emergency Contact _____ Phone _____

Dietitian Package Purchased:

- 3 sessions Nutrition Counseling
- 6 sessions Nutrition Counseling
- 5 sessions nutrition & Personal Training
- 10 sessions nutrition & Personal Training

Availability:

Days of the week: _____

Time of the day: _____

What is your main reason for seeing a dietitian?
