



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:
6 Sessions:

Members: \$90
Members: \$180

Non-Members: \$135
Non-Members: \$270

Nutrition On-The-Go

Nutrition On-The-Go is perfect for your demanding schedule. This virtual package includes unlimited access to a dietitian via email, one 45 minute phone nutrition counseling session each week, and regular feedback on your nutrition/activity log for maximum accountability and success. Enjoy the flexibility to access nutrition guidance **when** and **where** you need it.

3 Weeks:
6 Weeks:

Members: \$75
Members: \$150

Non-Members: \$115
Non-Members: \$225

To Schedule Appointments:

Contact: Ruth Murillo RD, LD
Email: Rthompson-murillo@ymcafw.org

Phone: 817-332-3281



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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

3 Weeks Nutrition On-The-Go

6 Sessions Nutrition Counseling

6 Weeks Nutrition On-The-Go

Availability:

Days of the week: _____

Time of the day: _____

YMCA Liability Waiver

The YMCA of Metropolitan Fort Worth will not assume responsibility for any injury incurred while participating in any athletic events, childcare programs, parent/child events & outings, special events, sports programs or any related YMCA sponsored activities. Certain risks of injury are inherent during participation in these programs and events. Nor will the YMCA be responsible for any lost or stolen items while members and/or program participants are using YMCA facilities, on YMCA premises or off-site YMCA program locations. I, the undersigned, for myself and my heirs, do hereby release the YMCA and its employees and agents from any and all claims for injury, loss or damage I may suffer as a result of my participation, including any injury caused by the negligence, if any, of the YMCA, its officers, employees, agents, volunteers or the negligence of anyone else. I give my permission to the YMCA to use photographs, film footage, or tape recordings, which may include my image or voice for purposes of promoting or interpreting YMCA programs for no compensation.

Sign: _____

Date: _____