



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR RECIPE FOR SUCCESS

YMCA NUTRITION PACKAGES

JUMP START - \$110

This 1-month program will give you a jump start on healthy habits. Get an individualized nutrition plan to help you be successful in reaching your nutrition goals.

Includes: 1 hour initial assessment + 30-minute follow-up session + 1 month of weekly email check-ins and nutrition tips

BEHAVIOR CHANGE - \$220

This 3-month program helps you make behavior changes that will accomplish your nutrition goals. Consistent sessions ensure that you stay on track long term and see real results.

Includes: 1 hour initial assessment + 3 (30-minute) follow-up sessions + 3 months of bi-weekly email check-ins and nutrition tips

LIFESTYLE CHANGE - \$385

This 6-month program is a commitment to improving your health long-term. Re-shape your lifestyle to support your health and wellness goals and get the encouragement and guidance you need to see success.

Includes: 1 hour initial assessment + 6 (30-minute) follow-up sessions + 6 months of bi-weekly email check-ins and nutrition tips

MAINTENANCE - \$300

This 6-month program is only available to existing clients. Commit to improving your health long-term and get the support, encouragement, and guidance you need to be successful in your healthy lifestyle.

Includes: 6 (30-minute) follow-up sessions + 6 months of bi-weekly accountability check-ins

ADDITIONAL NUTRITION SERVICES

- Personal Grocery Store Tour - \$100
- Food Log Analysis - \$50
- 1 Week Meal Plan with Grocery List - \$200
- Body Composition Analysis - Coming Soon

HSA and insurance is accepted!

To schedule, contact Ruth T Murillo RD, LD at rmurillo@ymcafw.org or 817-566-1025.

YMCA OF METROPOLITAN FORT WORTH