

Rehab Options is excited to announce **Fitness and Nutrition packages to help you attain your health goals. Our very own registered dietician, Wendy Caamano, and strength and conditioning specialist, Darci Walthew have teamed up to offer these affordable packages to assist you in your quest for a healthy lifestyle. During your initial evaluations they will identify and address areas in your diet and fitness program to focus on, helping you to attain your goals. Follow up sessions will teach you how to incorporate changes into your life as well as provide motivation and support. These packages offer real solutions for healthy changes, not just another fad diet or extreme exercise plan.**

Sampler Pack \$150:

For those who want to get a taste of our wellness package without a huge commitment.

Includes:

- 1 - 50 min Nutrition Evaluation
- 1 - 60 min Movement Screen and Fitness Evaluation
- 1 - 60 min Personal Training Session

A total value of \$255

Sampler packs can be used toward the purchase of other packages following completion should you choose to continue.

Kick Start - 6 week Package \$750

For those who need to get a boost in their health and wellness journey.

Includes:

- 3 - 50 min Nutrition Sessions (Initial Session and intake, measurements, meal plan goals, intuitive eating, food records, meal adjustments, support)
- 3 - Nutrition Weekly checkups (includes: updating meal plan, phone calls, emails questions, motivation, support)
- 1 - 60 min Movement Screen and Fitness Evaluation
- 9 - 60 min Personal Training Sessions

At home weekly workout plan for 6 week duration of package

A total value of: \$1000

Lifestyle - 12 Week Package \$1500

For those who want a long term solution for health and weight management.

Includes:

- 4 - 50 min Nutrition Sessions (Initial Session and intake, measurements, meal plan goals, intuitive eating, food records, meal adjustments, support)
- 8 - Nutrition Weekly checkups (includes: updating meal plan, phone calls, emails questions, motivation, support)
- 1 - 50 min - Pantry Overhaul
- 1 - 50 min - Grocery Store Tour
- 1 - 60 min Movement Screen and Fitness Evaluation
- 18 - 60 min Personal Training Sessions
- 1 - Home visit or visit to personal gym*

At home weekly workout plan for 12 week duration of package

A total value of \$2000

- ❖ **If you choose the visit at your personal gym, it will depend on if gym allows outside personal trainers. This session can always be substituted with training session at our facility.**