

Monday, July 2, 2012

FREE Health and Wellness Evaluation

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In anticipation of the grand opening of our new nutrition club in Manhattan, we are offering a special two week promotion foFREE Personal Wellness Evaluations from July 2nd-15th.

The one-on-one wellness evaluation is guided by a certified nutritionist and personal wellness coach. The service includes a nutrition and lifestyle evaluation and a body composition analysis (a \$375 value).

What information will you receive in the body composition analysis?

- ◆ BMI
- ◆ Body Fat %
- ◆ Muscle Mass %
- ◆ Visceral Fat %
- ◆ Body Age
- ◆ Resting Metabolism

Whether you are looking to lose weight, maintain weight, gain weight, or simply tone up, the consultation provides knowledge of the necessary tools and recommendations for a powerful and lasting lifestyle shift filled with more energy, less stress, and healthier nutrition on a basic and cellular level.

If you are interested in booking an appointment, please email your preference to Danielle.Marie.Sch@gmail.com

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