

# Kickoff Fitness & Nutrition Package

*Kickoff your goals for a stronger, healthier you by revamping both your fitness program AND nutrition plan. The Personal Trainers from 2110 Fitness and the Registered Dietitians of Health Stand Nutrition Consulting are working together to provide you with the best expertise to see the results you are looking for.*

## Package includes:

### Nutrition counselling by Health Stand Nutrition Consulting Inc.

- Three private hour-long nutrition counseling sessions with a Registered Dietitian.
- Access to our top resources and the online “members only” section of our website loaded with hundreds of articles, recipes and tools for success.
- Since everyone has different needs and goals, counseling sessions are customized just for *you*. We can help you with weight loss, meal planning ideas, medical concerns, answers to your top nutrition questions and more!
- For more information about the types of issues, goals and topics we can help with contact us at (403) 262-3466 or visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com).



### Fitness program by 2110 Fitness Inc.

- Private hour-long initial consultation, 30-minute program walk through and 30-minute follow-up session with a Personal Trainer.
- Access to our customized training log to track your progress and remind you of the exercises suggested by your Personal Trainer.
- Your fitness program will be tailored to your needs for use at home, any gym or on the road.
- For more information about fitness program design, personal training and how we can help contact (403) 252-2225 or visit [www.2110fitness.com](http://www.2110fitness.com).



## Book now!

**Package Fee:** \$595 plus GST

To find out more information or to sign-up for this package contact:

Health Stand Nutrition Consulting Inc.  
Phone: (403) 262-3466 Email: [info@healthstandnutrition.com](mailto:info@healthstandnutrition.com)

OR

2110 Fitness Inc.  
Phone: (403) 252-2225 Email: [info@2110fitness.com](mailto:info@2110fitness.com)