

# EatBalancedNutrition.com

## Remote Nutrition Membership

### Membership Includes:

- One initial visit required for all patients starting the membership. This 45 minute visit is included in the membership cost. This initial visit is in place so the patient can
  - Learn the basics of nutrition and exercise to cause weight loss in a healthy way
  - Learn how to balance meals and snacks to achieve weight loss and maintain the weight loss
  - To set a meal plan, calorie limit and/or exercise goal
- Then, unlimited emails or phone calls each month. A schedule could be set up with each client. Such as, a weekly email or phone call to discuss progress and answer questions.
- If client is interested in tracking their food with an online food calculator such as Loseit.com or myfitnesspal.com, reviewing their week of food could be part of the weekly discussion. I'm set up as a professional with Loseit.com, so I could look at a client's food intake if allowed.
- If client is interested in tracking steps and exercise with a pedometer such as Fitbit, we could review this information weekly.

Remote Nutrition Membership is designed to help those clients who:

- Are looking for significant weight loss and keeping the weight off long-term
- Are too busy to stop by the office for appointments
- Live too far away from the office or not mobile enough to attend appointments regularly
- Need someone to be accountable to week after week
- Would benefit from more frequent check-ins with a health coach to help stay on track
- Are highly motivated to make lifestyle change

### EatBalancedNutrition.com Remote Nutrition Membership Costs

\$80 per month per patient. A commitment of 3 months at a time reduces the price to \$65 per month. So \$195 for every 3 month commitment paid at beginning of the 3 month period. I look forward to helping you achieve your health goals! Thank you.



Marc C. O'Meara, RD, LD, CDE

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