



HEALTHY RESULTS, INC.

List of Dietitian Services Available

SERVICE TYPE	PACKAGES	
INDIVIDUAL	1. Intro to Nutrition and Weight Management (5 sessions) 2. Comprehensive Weight management (12 sessions) 3. Perfect Balance Package (5 Personal Training/3 Dietitian)	
GROUP	1. Weight Management Support Group (20+ people) 2. Grocery Store Tours (10+ people)	
HEALTH CHALLENGE	1. Cardiovascular Disease 6. Osteoporosis 2. Diabetes 7. Cancer 3. Metabilic Syndrome 8. Obesity 4. High Blood Pressure 9. Weight Management 5. High Cholesterol	
COOKING CLASSES	1. Adult Cooking Classes (25 Limit) 2. Children's Cooking Classes (25 Limit)	
WORKSITE HEALTH PROMOTION	1. Nutrition for Health & Performance (8+ people)	