

What to expect:

- **No Fad DIETS!**
- **Balanced & Nutritious!**
- **Techniques & Tips for Adherence!**
- **Real Life Solutions!**

You will be asked to keep a 7 day food log before your appointment. When you arrive your Trainer will go through your detailed log. We will make suggestions based on your current routine. You will leave your consult with a workable plan that works around your lifestyle, and your likes and preferences!



Sandy Wiedmeyer

Sandy holds a nutrition certification with Precision Nutrition.

The Precision Nutrition approach is coaching by listening to clients' needs and what they want to accomplish, learning how they live, discovering what's really important to them, and working together to create the right nutrition approach based on their goals and lifestyle.



Sandy

Judy Olsen

Judy holds a nutrition certification with ACE.

The ACE Nutrition approach provides advice on selecting and preparing food, reading nutrition labels, and choosing meals that facilitate weight loss, and improve athletic performance.



Judy

What you get:

- **Revamped nutrition & suggestions based on your current routine**
- **Kitchen makeover survey**
 - **Adherence chart**
- **Superfoods checklist**



MEET YOUR CERTIFIED PROFESSIONALS

