

Southington Community YMCA

Nutrition Assessment

Living a healthy lifestyle can be challenging in our fast-paced world.

To achieve this lifestyle, exercise and healthy eating habits are equally important.

Let us help you reach our goals with our Nutrition Assessment Program.

Southington-Cheshire Community YMCAs
29 High Street, Southington, CT 06489

860-628-5597 – www.southington-cheshireymca.org

YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Financial assistance available for qualifying individuals and families.
The YMCS is a not-for-profit 501c(3) organization.

Packages

- **Basic Calorie Requirements Package: \$10**

This one time meeting will give you a personalized daily calorie goal as well as information on what percentage of carbohydrates, proteins, and fats you should be consuming. During this 15 minute meeting, you'll be asked about your physical health, exercise habits, and fitness goals. You will also receive a sample menu for your calorie requirements.

- **Basic Nutrition Analysis Package: \$35**

This package consists of 2 separate meetings. The first 15 minute meeting will be used to determine basic calorie requirements. You will be required to maintain a food log for 1 week. The second meeting will give you a detailed analysis of your food consumption.

Combination Packages:

A complete wellness package that combines Personal Training with Nutrition Analysis.

- 3 hours Personal Training + 1 Basic Nutrition Analysis session: \$175
- 5 hours Personal Training + 1 Basic Nutrition Analysis session: \$260
- 10 hours Personal Training + 1 Basic Nutrition Analysis session: \$430
Receive 1 Basic Nutrition Analysis session FREE!
- 25 hours Personal Training: \$1000
Receive 1 Basic Nutrition Analysis session FREE!

For more information, please contact the Southington Community YMCA at (860) 426-9528 or visit us on our website at www.southington-cheshireymca.org.



Multiple Food Analysis Packages:

- 3 sessions: \$95
- 5 sessions: \$155
- 10 sessions: \$300