



Nutrition For Life

Columbia Athletic Clubs - Silver Lake
Nutrition Programs for Members

Programs

1 on 1 nutrition sessions

Overwhelmed by all the information out there when it comes to nutrition? Looking for some assistance in finding a plan that is customized to you? Schedule an hour nutrition meeting with Kelsey today! She will work with you 1 on 1 to discuss your current nutrition habits. While helping you establish goals and assist you in reaching them in the best way for your body. Because after all, everybody is different!

Fee: \$80 + tax / hour

30 min follow ups (in person)

Fee: \$60 + tax

Package Options

This is a great option for anyone looking to ditch the quick fix where you're forced to eliminate entire food groups, and instead ready to focus on creating lasting change! You will focus on habit based practices to build skills, and in turn use those new found skills to achieve your goals in a sustainable and healthy way. You will work alongside Kelsey over the course of the entire program and receive access to an online system called ProCoach where you will receive daily lessons, habits, and feedback from Kelsey herself!

Each package includes the following:

- Weekly, bi-weekly or monthly in person, phone, or facetime check ins.
- Unlimited text/email support between sessions.
- Custom nutrition guide with portions based off of goals.
- Daily lessons & habits.
- Anything you need to feel supported throughout your journey.

Fees: **6 weeks:** \$250 + tax

3 months: \$425 + tax

(15% discount from standard package rate)

6 months: \$800 + tax

(20% discount from standard package rate)

12 months: \$1,500 + tax

(30% discount from standard package rate)



Nutrition focused health talks

Interested in learning more about overall nutrition? Keep your eyes open for specific topics that interest you! Kelsey, will be hosting FREE health talks to help members expand their knowledge on several nutrition topics such as pre/post workout nutrition, how to read a nutrition label, meal prep, grocery store tours and more!

FREE: Dates / Times TBD

Our Nutrition Coach



Kelsey DuBois

Kelsey DuBois

Certified Nutrition Coach -
Precision Nutrition

Fitness Nutrition Specialist - NASM

Bachelors of Science in Nutrition-
Bastyr University

Personal Trainer - NASM

Kelsey's focus is on whole foods and providing your body with the nourishment it needs to thrive. Fitness and nutrition paired together are essential for optimal health. Moving your body and eating well don't need to be complicated or make you miserable! Ditch the diet, and dial in on your nutrition in a way that works for you and your goals.

"To eat is a necessity, but to eat intelligently is an art."

Questions and inquiries can be sent to Kelsey at kelseyd@cactrainers.com.



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