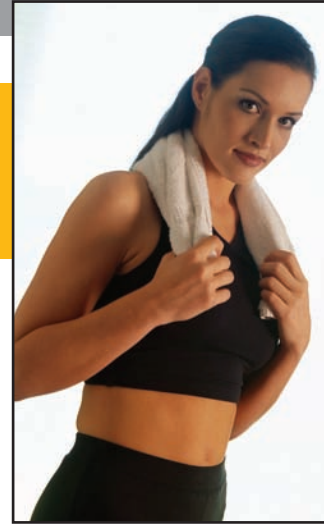




# NUTRITION



CATZ has joined forces with Lifestyle Management Associates to design a revolutionary program that combines nutritional counseling, menu planning and fitness programs to achieve long term results.

## 3 Personalized Program Options Available

### Evaluation (one hour): \$69

Personal food intake evaluation and estimation of calorie needs based on personal stature, age, height, and activity level, evaluation of current eating patterns looking at overall micro and macro nutrients.

### Personalized Eating Plan:

Custom meal planning tailored for your goals based on your likes and dislikes. Includes the in person one hour evaluation (above) with plans provided via email or phone.

**2 weeks- \$99    4 weeks- \$179  
6 weeks- \$269**

### Supervised Balanced Lifestyle Program (8 weeks): \$449

- 3 Personal one-on-one evaluation meetings at the beginning, middle and end
- Personalized Eating Plan for 8 weeks.
- After the 8 weeks Optiona Personalized Eating Plans via phone or email for only \$30 a week.

## 10% off CATZ training for active Nutrition Clients

// I've tried many diets over the years and never felt the energy and overall healthy feeling that I do now. Thanks to the Catz nutrition program, I've learned how to combine sensible eating and exercise. I've become a healthier happier person, who has learned to focus on building muscle and getting stronger rather than just a number on the scale. //

-Tawnya, CATZ Nutrition Client

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## Locations

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