



**Dietitian**

# Need nutrition advice?

## Schedule an appointment with Rebecca!



**Reid Health**  
Medical Fitness

### Services include:

- **One-on-one nutrition counseling:** Individualized nutrition needs and nutrition plan based on your specific needs. From picky eaters to scheduling issues, we will incorporate all foods groups in ways that work best for you.
- **Sport specific nutrition guidance:** Based on the sport, weight requirements, current nutrition status, and other nutrition considerations
- **Weight maintenance, weight loss, and weight gain:** Specific to your current state, goals, and desired outcome
- **Fueling before, during, and after training:** Sport-specific recommendations on how best to fuel your body
- **Off-season nutrition:** Preparation for the season as well as post season recovery nutrition (bulking, losing weight, general nutrition status improvement)
- **Supplement guidance:** Discussing sports supplements in detail from nutrition and performance perspectives
- **Hydration tips:** Ensuring you are receiving adequate hydration

**Price: \$40 for initial 1-hour assessment,  
\$20 for 30 minute follow-up sessions  
Call (765) 973-8057**