



Nutrition & Personal Training Services

Nutrition Consultation Benefits . . .

- Long term weight loss success
- Athletes seeking to enhance sports performance
- Establish realistic and achievable fitness and nutrition goals
- Dietary guidance to:
 - Decrease blood pressure
 - Decrease cholesterol
 - Improve overall health

Meet Denise Moore, Registered Dietitian



Denise has 20 years experience working with weight loss, metabolic syndrome, high blood pressure, and high cholesterol. She knows the importance and rewards of eating well for a healthy lifestyle both through a professional and personal experience. Denise has a B.S. in Dietetics from Kansas State University and is a Registered Dietitian with the American Dietetic Association. She looks forward to working with individuals who are motivated to live a healthy lifestyle and would love to work with you to understand and help you achieve your dietary goals.

For more information,
call Denise Moore, RD at (970) 962-2469
 or email: Denise.Moore@CityofLoveland.org

How to get started . . .

- Make a commitment to yourself to improve your nutrition and/or exercise habits.
- Complete a personal questionnaire. If you have health risks, you must obtain a doctor's release before participating in a nutrition or personal training session.

Nutrition Consultation Fees

Nutrition Consultation \$97
 includes 1-hour initial consultation
 plus 2 Follow-Ups

Payment must be made in advance.

Personal Training Fees

The most successful weight loss program incorporates both exercise and changing your eating habits. The Personal Trainers will provide expertise and motivation to guide you toward your weight loss goals. All trainers have earned their knowledge through either a 4-year degree in exercise science, physical education, a health-related field, or have a certification from a nationally recognized organization. Inquire at the Chilson Recreation Center front desk for more information about Personal Trainers on staff.

1/2 Hour	\$25 (1 session)
	\$130 (6 sessions)
	\$189 (10 sessions)
1 Hour	\$45
3 Hours	\$130
5 Hours	\$189



700 E. Fourth St. - Loveland, CO 80537