



# MPOWER FITNESS

An Elite Training Complex

## NOW OFFERS NUTRITION COACHING!

### WHAT'S INCLUDED:

- Initial 1-hour evaluation
- Monthly evaluation, weigh-in, measurements, and progress pictures
- Weekly debrief
- Customized macro and calorie calculations
- One educational grocery trip
- Assistance with meal/snack planning
- Personal one on one support via app



**CHERON HALE**

NASM CERTIFIED PERSONAL  
TRAINER &  
NUTRITION COACH

### WHAT DOES A NUTRITION COACH DO?

- Pinpoint nutrition challenges
- Evaluate the root of food relationship
- Understand clients' behaviors with food and fitness
- Aid in clarifying health priorities, values, and goals
- Create lasting and sustainable habits
- Support clients through their health journey
- Navigate obstacles to reaching goals
- Develop a health plan personal to YOU
- Identify small steps to reach attainable goals
- Offer practical and doable day-to-day practices
- Focus on behavior change, NOT DIETING
- Track process on a consistent basis

**HAVE MORE  
QUESTIONS?  
CONTACT ME FOR A  
FREE  
CONSULTATION!**

### A NUTRITION COACH DOES NOT...

- Diagnose illness and disease
- Treat eating disorders
- Prescribe medications or supplements

#### BASIC



1 hour evaluation only

**\$69**

#### 1 MONTH



Initial evaluation &  
1-on-1 Nutrition Coaching

**\$159**

#### 3 MONTHS

Initial evaluation &  
1-on-1 Nutrition Coaching

**SAVE \$48**

**\$429**

#### 6 MONTHS

Initial evaluation &  
1-on-1 Nutrition Coaching

**SAVE \$155**

**\$799**

**START YOUR LIFESTYLE CHANGE JOURNEY TODAY!**

**CONTACT US @**

**FOODCOACH@MPOWERFLORIDA.COM**

**OR CALL (386) 445-2508**