

YPERSONAL FITNESS™

We build strong kids, strong families, strong communities.

Nutrition Programming

Sign up today to meet one-on-one with a YMCA Nutrition Specialist for a nutrition analysis.

Nutrition analysis includes a computerized dietary recall evaluation and consultation to discuss recommendations, questions and concerns regarding dietary habits.

Additional services include menu planning and additional days of diet recall analysis.

When: Flexible scheduling available, by appointment only; one hour in length

Who: Members only

Fees: Initial consultation.....\$15
Follow up consultations.....\$9

How: Fill out reverse registration and attached three day food diary and return with payment to Membership Office; a Nutrition Specialist will contact you to set up a time.



YMCA Nutrition Programming



Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Other Phone _____

E-Mail _____

Birthdate _____ Gender _____ Occupation & job duties _____

Best Appointment Days & Times _____

Contact in case of emergency _____ Phone _____

What specific questions would you like answered during your nutrition consultation? _____

What are your nutrition goals? _____

I (YMCA Member) _____ agree to pay in advance for all YMCA Nutrition Programming sessions. I will be in attendance of all scheduled sessions and will give twenty-four hours notice to my specialist if I will be unable to attend a session. If I fail to provide appropriate notice I understand I forfeit the fee I paid for that session. I understand the YMCA refund policy for all programs and classes.

Date _____ Signature _____

Programming session rates:
Initial consultation.....\$15
Follow up consultations\$ 9

Number of sessions purchased _____ Total paid \$ _____

The Lincoln YMCA has permission to use videos or photographs of me or my family members for promotional materials.

YMCA Staff: Please receipt and return to the Health and Fitness Director