



# Performance Nutrition

.....  
Learn how to fuel your body for optimal performance, whether you are training for a triathlon, competing in a sport or recovering from exercise.  
.....

## Your tailored program includes:

- Complete nutrition assessment
- Individualized performance nutrition program
- 1-on-1 with a registered dietitian
- Body composition assessment
- Cash-based program, no insurance billing

## Performance nutrition sessions:

- Initial Consult - 60 minutes - \$45
- Single - 45 minutes - \$35
- Package of 2 - 45 minutes - \$65
- Package of 4 - 45 minutes - \$130
- Package of 2 - \$115 (includes \*RMR test)
- Package of 4 - \$180 (includes \*RMR test)

\*Resting metabolic rate (RMR) is the measurement of how much food, or energy, is required to maintain basic body functions. The RMR test is designed to accurately measure how many calories your body burns at rest.

**To schedule your initial consultation, call 920-288-5491.**

[aurorabaycare.com/services/sports-medicine](http://aurorabaycare.com/services/sports-medicine)

# Aurora BayCare Sports Medicine