



# Healthy Habits Bootcamp

**10 weeks, starting January 14th: Monday 11 am or Saturday 8.15 am**

**Cost: \$30/week**

Learn & apply healthy habits to lose weight, get energized and improve your nutrition overall in a 10 week small group session with a Precision Nutrition coach

## What's included:

- 1 weekly 45 minute group session - each week is a new habit!
- 1 weekly 30 min optional one-on-one nutrition coaching
- Closed Facebook group

## Get help with:

1. Smart shopping & prep
2. Building a plate & tracking
3. Eating out & party survival
4. Getting enough fruits & veggies
5. Slow, mindful eating
6. Stopping when you're full

**Sign up at the front desk now!**