

Nutrition Unlimited

Complete Weight Loss and Nutrition Programs



Alison Doak, MS, RD, LDN

We now offer an array of nutrition services to help you lose weight safely or improve your overall health:

Our registered dietitian is highly qualified to counsel adults, teens and children on a variety of nutrition related issues. From medical nutrition and weight loss to family meal planning and picky eating, our dietitian will tailor an approach based on your goals, needs, and lifestyle. All new clients receive a diet assessment, food journal, plan, recipes, mindful eating tips, weight monitoring, and individualized goals and strategies.



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www.fitnessunlimited.com
Contact Alison:

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617.233.8726

Prepaid Programs:

Nutrition "Jumpstart" \$149

Proper nutrition is essential to health and wellness and paramount to successful weight loss. The Nutrition Jumpstart is a great way to get started with safe and realistic nutrition goals. This program includes a 60 minute initial assessment and two follow-up visits (30 minutes each). In your first session, the dietitian will collect a medical history and analyze your current diet to identify specific goals and areas for improvement. Follow-up appointments will assess progress, adjust goals, and keep you accountable.

1 Visit (60 minutes) **\$80**

5 Visits (30 minutes) **\$225**

10 Visits (30 minutes) **\$400**
(f/u 30 minute visit) **\$45**

**Alison can also see
your KIDS or work
on family goals!**

Insurance Pay | Medical Nutrition Therapy:

Many health insurers now cover the cost of nutrition counseling – for weight loss and many other medical conditions. These include, but are not limited to: overweight, high blood pressure, high cholesterol, diabetes, osteoporosis, and food allergies. Contact your health insurance provider to inquire about coverage for Medical Nutrition Therapy or contact us for guidance. This is an affordable way to receive consistent follow-up and monitoring.

Free for Members:

dotFIT® | Connect the dots and succeed!

dotFit is a comprehensive online program that integrates nutrition, fitness and coaching to maximize results. We are now offering this wonderful program free to members. Simply go to www.fitnessunlimited.com and click on the dotFIT nutrition program button, located on our home page.