

WHAT PEOPLE ARE SAYING



“After many failed attempts at weight loss, whether by self-motivation or traditional weight loss programs, I decided to make an appointment with TELOS’ nutritionist, Yvette Quantz . My relationship with Yvette began close to three years ago and I have learned more about myself, my food intolerances and

discipline in these last few years than in the preceding 45! Yvette’s simple, tailored, realistic and compassionate approach to my nutritional needs was exactly what I needed to help me succeed. Through trial, Yvette developed for me the perfect formula that would make my endeavor foolproof. I achieved my goal (and more) and in the process have made permanent changes towards my approach to my nutrition and lifestyle. None of this could have been done without Yvette’s professional expertise, genuine interest and concern. Through my learning process, Yvette has not only become my friend, but also my mentor as I explore a master’s degree in nutrition.”

- *Carolanne: Mother, Wife, Family President, Chauffeur and Student*



“My “opportunities for growth and upliftment,” so to speak, entered a new level when I was introduced to Nutrition Coach, Wes Cade. Wes makes my pursuit of my goals easy. I know nothing about nutrition and he is the expert. Wes also makes consulting with him convenient for my schedule. In a recent visit, I talked with Wes about developing a plan of action for eating while traveling, among the most difficult challenges for anyone trying to be intelligent

about eating. Wes offered many sound ideas. He told me the best protein bars to use and where to purchase them. What Wes does has better equipped me to cope with the food choices available to me.”

- *Bill Elliott: Attorney and Counselor*

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NUTRITION PROGRAM

HAVE YOU EVER
HEARD THE PHRASE,
“YOU ARE WHAT YOU EAT?”

Did you know that having a properly designed Nutrition Plan is as important as a member’s exercise program? A Comprehensive Nutrition Plan is an essential part of the TELOS integrated training system. At TELOS, we customize individual nutrition plans based on lifestyle factors, current nutrition habits, and personal goals. Our team of a Registered Dietician and Nutrition Coaches will listen to your needs and assist with periodic adjustments as you progress.

Take a look inside to discover how we can help you achieve the goals you thought you never could.

TELOS
FITNESS CENTER

LET US HELP YOU REACH YOUR GOALS



STEP 1: AWARENESS



We invite you to discover what our Nutrition Program has to offer.

- 🌀 Kickstart Program
- 🌀 Nutrition eNewsletter
- 🌀 Nutrition Coach Consultations
- 🌀 Counseling from a Registered Dietician
- 🌀 Resting Metabolic Rate (RMR) Testing

STEP 2: KICKSTART! YOUR NUTRITION HABITS

The Kickstart! Program is a comprehensive nutritional analysis combined with an implementation plan. Kickstart! is designed to identify past and present eating behaviors that are inhibiting success. More importantly, the focus is on integrating new, nutritionally sound dietary habits that are highly effective, yet realistic.

This program begins with an extensive educational and practical application process that includes:

- 🌀 Personal Lifestyle and Exercise Overview
- 🌀 Nutritional Education
- 🌀 Caloric Need Calculation
- 🌀 Present Dietary Analysis
- 🌀 Individualized Meal Planning
- 🌀 Metabolic Evaluation
- 🌀 Dietary Integration Program

Nutrition Kickstart! Program: \$150
Nutrition Coaching Followup: \$100

STEP 3: DISCOVER YOUR POTENTIAL

You've come this far. Now it's time to discover how our trained professionals can help you realize your full potential.

We suggest the following according to your individual needs:



Nutrition Coaches:

Healthy Eating
Weight Management
Athletic Performance Enhancement
Sports Nutrition
Personalized Meal Planning

Registered Dietician:*

Weight Management
Food Sensitivity Testing
Eating Disorders
Medical Nutritional Therapy
Sports Nutrition
Personalized Meal Planning

*For those who need to discuss their individual dietary habits and would like a personalized diet prescription, we have two convenient options to choose from. Our Dietician is available by phone, allowing you to plan dietary consults in the comfort of your own home or office. Our Dietician makes periodic visits to TELOS to provide consultations in person as needed.

Registered Dietician Services:

Dietician Consultation: phone consult \$150 / in person \$175

RESULTS:

You will learn more about your nutrition habits and understand dietary factors that may be the cause of present limitations in achieving your goals. Let us help you begin and maintain a nutrition program that will empower you to do the things in life that matter most.