

# NUTRITION PROGRAM

## Getting Started

To begin your nutrition program, please call the respective location and schedule an appointment. UNC Wellness Centers Nutrition Services are available to both members and non-members. Priority is given to members when scheduling.

## Policies

- Fees are paid prior to service and on-account billing must be set up.
- Cancellations and rescheduling require a 24-hour notice or clients will be billed for that session.

## Registered Dietitians

Our Registered Dietitians are registered with the Commission on Dietetic Registry and licensed with the State of North Carolina to practice nutrition and dietetics. Our registered dietitians have experience with a variety of medical concerns including cardiovascular disease, diabetes, disordered eating, and obesity. Our staff works with a wide range of individuals delivering nutrition information about health and wellness to adults and children.

## Cancellation/No-Show Policy

Your appointment is reserved for you. We appreciate your understanding that in order to keep our schedule working for all of our clients, we need at least 24 hours notice for all cancellations and rescheduling. No-shows and cancellations with less than 24 hours notice will be charged the full fee.



WELLNESS CENTERS  
MEADOWMONT

100 Sprunt Street • Chapel Hill, NC 27517  
(919)966-5500 • [www.uncwellness.com](http://www.uncwellness.com)



WELLNESS CENTERS  
NORTHWEST CARY

350 Stonecroft Lane • Cary, NC 27519  
(919)957-5900 • [www.uncwellness.com](http://www.uncwellness.com)



## NUTRITION SERVICES



## Philosophy:

*Proper nutrition is one of the most important components of a healthy lifestyle. UNC Wellness Centers believes that each person requires a unique nutrition meal plan. Our nutrition should be individualized based on health needs, physical performance, and wellness goals. UNC Wellness Centers can help you live well and love food!*

# NUTRITION

## services and rates

### ***New Member Nutrition Assessment***

UNC Wellness Centers believes that nutrition is an important part of good health. Therefore, each new member is provided a free 30-minute nutrition consult with a registered dietitian. Appointments can be made at each respective front desk location.

### ***Individual Nutrition Counseling***

Meet with a registered dietitian for a one-on-one session to discuss your nutritional concerns and nutrition meal planning.

60-min. session: **\$70 members, \$80 non-member**

30-min. follow-up session: **\$35 members, \$40 non-member**

120-min. (1 hour session and two half hour sessions): **\$125 members, \$140 non-member**

180-min. (half hour sessions): **\$199 members, \$228 non-members**

360-min. (half hour sessions): **\$378 members, \$432 non-members**

720-min. (half hour sessions): **\$714 members, \$816 non-members**

\*All sessions can be divided up into smaller more frequent visits as needed.

### ***Web Wellness***

No time to see the dietitian on a regular basis? How about seeing the dietitian "virtually"? This program allows you to communicate with the dietitian on a weekly basis via e-mail or any other electronic application. Great for those with busy lives. This package includes an initial individual session and 10 weeks of follow-up. **\$200 members, \$240 non-members**

### ***Resting Metabolic Rate Testing***

Metabolic testing is the only accurate way to measure energy expenditure. It calculates the number of calories an individual expends in a day while at rest. Knowing your metabolic measurement can provide the information needed to develop a nutritional assessment for personalized success. **\$50 members, \$60 non-members.**

### ***Sweat Rate Testing***

Would you like to know how much sodium and water is lost during exercise? Simple measurements before and after exercise with a brief 20-minute session with the dietitian will help you answer these questions to optimize athletic performance. **\$35 members, \$40 non-members.**

### ***Weigh to Wellness***

An 8-week weight management program with a multidimensional, non-diet approach, geared towards improving your overall lifestyle. **\$260 members, \$400 non-members.**

### ***Weigh to Wellness Graduate Program***

Upon completion of the Weigh to Wellness program, an 8-week graduate program is available that includes 6 sessions with a registered dietitian and 3 sessions with a wellness coach. **\$150 members, \$200 non-members**

### ***UNC Weight Management Support Group***

A healthy lifestyle is easier to achieve when you've got support. Losing weight is difficult and keeping it off even harder. Research shows that support from family, friends, and others make it easier to continue on the path to wellness. Join others for this monthly support group to find new ideas, vent your frustrations and meet people with similar concerns when trying to lose weight and lead a healthy lifestyle.



### ***Packages***

Combine some of the services offered at The UNC Wellness Center and save!

#### ***Nutrition Firestarter:***

Includes the 10-week Web Wellness program and a Resting Metabolic Rate Test (RMR). **\$235 members, \$285 non-members.**

#### ***Welcome to Wellness:***

Includes 1 personal training, 60-minute nutrition counseling, and 1 massage session (6 weeks to use). **\$215 members, \$247 non-members**

#### ***Lifestyle Change:***

Includes 3 personal training sessions plus a Resting Metabolic Rate Test (RMR), and 60-minute nutrition counseling session. **\$312 members, \$380 non-members**

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Our Registered Dietitians are registered with the Commission on Dietetic Registry and licensed to practice dietetics in the State of North Carolina. Please read the Nutrition Services staff bios on our website at [www.uncwellness.com/Meadowmont/staff-bios/](http://www.uncwellness.com/Meadowmont/staff-bios/) and [www.uncwellness.com/NorthwestCary/staff-bios](http://www.uncwellness.com/NorthwestCary/staff-bios)