

NUTRITION PROGRAM

Getting Started

UNC Wellness Centers Nutrition Services are available to both members and non-members. Priority is given to members when scheduling. Sessions may be completed in-person or virtually via Webex. Email Elizabeth.Watt@unchealth.unc.edu to get started.

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



WELLNESS CENTERS
NORTHWEST CARY

350 Stonecroft Lane • Cary, NC 27519
(919)957-5900 • 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 Consultation

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 by emailing Elizabeth.Watt@unchealth.unc.edu.

Individual Nutrition Counseling

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

- 30-minute session: **\$40 members, \$50 non-member**
- 60-minute session: **\$76 members, \$87 non-member**
- 120-minute (1 hour session and two half hour sessions): **\$140 members, \$155 non-member**

*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. **\$212 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. **\$65 members, \$75 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. **\$40 members, \$65 non-members.**



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). **\$268 members, \$299 non-members.**

Welcome to Wellness:

Includes one 60-minute personal training, one 60-minute nutrition counseling, and one 60-minute massage session (6 weeks to use). **\$223 members, \$258 non-members**

Lifestyle Change:

Includes three 60-minute personal training sessions plus a Resting Metabolic Rate Test (RMR), and 60-minute nutrition counseling session. **\$330 members, \$396 non-members**

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 for our website at www.uncwellness.com/Meadowmont/staff-bios/ and www.uncwellness.com/NorthwestCary/staff-bios