



MONACO BODYWORKS

Tim Monaco
C.H.E.K HLC III
C.H.E.K Practitioner I
www.monacobodyworks.net
541-948-7018

Nutrition Consulting Services

What we do:

Assessment - We look at the individual's current health, diet and lifestyle, as well as a comprehensive history.

Evaluate – Using several questionnaires and an interview process we gather information to identify challenges and shape your program.

Treatment - Our goal is to determine what are the highest priority issues to focus on to achieve your goals and develop a customized program.

What you get:

- Advanced Metabolic Typing Diet Questionnaire
- Holistic Nutrition Advice & Education
- Whole Food & Herbal Supplement Recommendations
- Sports Nutrition Advice & Education
- Lifestyle Consulting

What you should expect:

- Improved health & wellness
- Better sleep patterns
- Improved body composition (fat loss)
- Reduction of pain & inflammation
- Optimized sports performance
- Quicker recovery from training
- Stress relief
- Improved quality of life and a more balanced lifestyle

Advanced NMR Certified; AIT Certified; Sports, Deep Tissue, Myofascial Release, Trigger Point Therapy, Swedish Massage Certified; C.H.E.K I; C.H.E.K HLC III; NSCA-CPT.



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Nutritional Consulting Packages

Standard – 6 x 1-hour sessions **\$499**

- Detailed Assessment including questionnaires and interview
- Advanced Metabolic typing testing (\$100 value)
- Program design
- Nutritional Guidelines
- Whole food and Herbal supplement recommendations

Advanced - 12 x 1-hour sessions **\$850**

All of the above plus:

- Monthly consultations for 6 months
- Re-assessments every 3 months
- AcuPoint Testing to fine tune supplement recommendations

Deluxe – 26 x 1-hour sessions **\$1599**

All of the above plus:

- Monthly consultations for 12 months
- Re-assessments every 4 months
- AcuPoint Testing to fine tune supplement recommendations with re-testing every 6 weeks

Additional services charged on a \$75 per hour basis

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