

NUTRITION 101

"NUTRITION MADE SIMPLE"

Nutrition 101 is now offering Body Composition Analysis

Find out your body fat%, calorie expenditure, muscle mass, bone mass, body water %, physique rating, and more!

Are you struggling to lose that last 5-10 lbs to be at your goal weight? Are you exercising frequently and know that you are losing inches but not seeing on the scale?

Or are you about to start an exercise and diet regimen and want to find out what your goal weight should be for your body type?

There's more to your body than meets the eye. Your typical bathroom scale won't give you vital information you need to strategize your plan to reach your nutritional and exercise goals

For \$10.00 you can find out your muscle mass, body fat percentage, energy expenditure plus more. You will receive a report and a brief explanation of your results.

Please call Karen Goldberg, RD at 973-595-0100 Ext. 226 or come by her office upstairs at the Y to set up a time to get your Body Analysis.

Looking forward to hearing from you!

