



# REGISTERED DIETITIAN COACHING WITH KELLYRAE RUPP

## WEIGHT MANAGEMENT TRACK

**One 60 minute consult & six 30 minute sessions. Virtual option for follow up sessions.**

Are you striving for sustainable weight loss or maintaining a healthy weight? Our Registered Dietitian will provide personalized guidance and nutrition plans to help you reach your goals while fostering a balanced and healthy relationship with food. Achieve your weight management goals and maintain them for the long term.

**\$340 Members | \$374 Nonmembers**

## HEALTH & DISEASE TRACK

**One 60 minute consult & three 30 minute sessions. Virtual option for follow up sessions.**

If you're concerned about heart health, diabetes prevention, or managing food intolerances, our Health and Disease Track offers expert guidance to improve your overall health and well-being. Take control of your health with personalized dietary solutions.

**\$340 Members | \$374 Nonmembers**

## STRENGTH & STAMINA TRACK

**One 60 minute consult & one 30 minute session. Virtual option for follow up session**

For those looking to build muscle, increase endurance, and optimize their athletic performance, our Strength and Stamina Track is the perfect choice. Our Registered Dietitian will work closely with you to create a nutrition plan that enhances muscle growth, boosts energy, and promotes optimal recovery.

**\$215 Members | \$227 Nonmembers**

## ONE TIME CONSULTATION

**One 60 minute consultation.**

This option includes a one hour consultation and personalized plan from our Registered Dietitian.

**\$85 Members | \$95 Nonmembers**

## ABOUT KELLYRAE RUPP

As a Registered Dietitian Nutritionist, Kellyrae holds a bachelor's degree in Dietetics with from the University of Northern Colorado and registration/license through the American Dietetics Association. Throughout her career, she has helped people navigate diabetes, heart and kidney issues, and overall health, though she specializes in weight management. She achieves results by helping each client build a healthy diet and understand the value of nutritious foods. No matter what her client's needs are, she works with each person to develop an individualized plan based on their specific needs. She has helped her clients add vitality to their daily lives and achieve nutrition goals for over two decades.