



Transforming your eating habits along with exercise are the keys to achieving **lifelong wellness.**



www.theatlanticclub.com

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Proper nutrition and physical activity are keys to a healthy lifestyle. Let The Atlantic Club help you with both. Consulting with one of the club's Registered Dietitians can help you reach your nutrition goals including:

- ***Weight reduction, weight maintenance, or weight gain***
- ***Specialized eating plans***
- ***Improving blood sugars and cholesterol***
- ***Improving your health and well being***
- ***Sports nutrition***



Nutrition Counseling Services

Because what you eat changes everything.

*Robin Lynch, RDN
(732) 450-4418*



About our Registered Dietitians



**Robin
Lynch, RDN**

Robin Lynch is a Registered Dietitian Nutritionist with a Level I and II Certificate of Training in Adult Weight Loss Management. She received her Bachelor's Degree of Science in Health Sciences and completed her Dietetic Internship at the University of Medicine and Dentistry of New Jersey. She brings her passion for health and wellness to The Atlantic Club team through personal nutrition and workshops.

(732) 450-4418

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**Michele Peters
MS, RDN**

Michele is a Registered Dietitian Nutritionist specializing in Integrative and Functional Nutrition. She maintains a "whole food as medicine" approach to health and healing. Michele has a BS in Biochemistry, a Masters degree in Nutrition from New York Medical College and is a graduate of the Culinary Institute of America. Michele partners with her clients in developing a holistic integrative approach for achieving their goals and optimal wellness.

(732) 292-4462

MicheleP@theatlanticclub.com

Begin your journey to better health with our Nutrition Consultation Package. Personalized nutrition guidance is provided based on:

- Diet and eating behavior assessment
- Evaluation of nutrition status and energy needs
- Body composition analysis
- Self- monitoring
- Medical history
- Personal wellness goals

Additional follow up sessions may be needed for continued monitoring and/or weight loss goals.

Pricing

Initial Session: Includes a 1 hour consultation and a 30 minute follow up session \$150

Single Follow up session: (30 minutes) \$55

Three Pack of 30 minute sessions: \$150

Six Pack of 30 minute sessions: \$300