



**Proper nutrition and physical activity are essential to leading a healthy lifestyle**

**Let The Atlantic Club help you with both. Consulting with one of the club's Registered Dietitian Nutritionists can help you reach your nutrition goals including:**

- Weight Management
- Personalized eating plans
- Improved blood sugars and cholesterol
- Improved relationship with food
- Improved body composition
- Food allergies
- Relief from GI issues
- Sports nutrition
- Improved health and well being

**TRANSFORMING YOUR  
EATING HABITS ALONG  
WITH EXERCISE ARE  
KEYS TO ACHIEVING  
LIFELONG WELLNESS.**



[www.theatlanticclub.com](http://www.theatlanticclub.com)

**1904 Atlantic Ave., Manasquan NJ 008736  
(732) 223-2100**

**325 Maple Ave., Red Bank NJ 07701  
(732) 219-5333**



# **Nutrition Counseling Services**

**Because what you eat changes everything.**



# 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** [RobinL@theatlanticclub.com](mailto:RobinL@theatlanticclub.com)

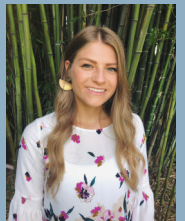


## Michele Peters MS, RDN

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](mailto:MicheleP@theatlanticclub.com)



## Annie Zappulla, RDN

Annie Zappulla is a Registered Dietitian Nutritionist who received her Bachelor of Science degree and Minor in Health from West Chester University in Pennsylvania. She completed her dietetic internship through Aramark in Maryland. Annie has also recently completed a certification to be an Integrative Nutrition Health Coach. She enjoys helping others meet their nutrition, health and fitness goals through personalized, realistic goals. Annie is passionate about improving the health and wellness of the community and truly believes that "food is our medicine".

**(732) 292 4361 •** [AnnieZ@theatlanticclub.com](mailto:AnnieZ@theatlanticclub.com)

**Begin your journey to better health with our Nutrition Consultation Package.**

**Personalized nutrition guidance is provided based on:**

- Assessment of diet and eating behaviors
- Body composition analysis
- Health history/Lab values
- Personal wellness goals
- Evaluation of nutritional status and energy needs

**Ongoing support with 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: \$175**

**Single Follow up session: (30 minutes) \$65**

**Single Follow up session: (60 minutes) \$120**

**Three Pack of 30 minute sessions: \$180**

**Provide us with your insurance information and we will check your nutrition benefits.**

**Please respect our 24 hour cancellation policy. Cancelling within 24 hours will result in a charge for the session.**

