



ALLIED  
**Physical Therapy**  
WELLNESS COMMUNITY™

Allied Physical Therapy Wellness Community™ is so much more than a physical therapy provider. What differentiates us is our comprehensive approach to wellness – body, mind, and spirit. Our complementary services intersect with our physical therapy expertise to empower YOU to get back to what you love!

### CONVENIENTLY LOCATED



*Near the intersection of Pine Island Road and Chiquita Blvd. In Cape Coral*

### CONTACT INFORMATION

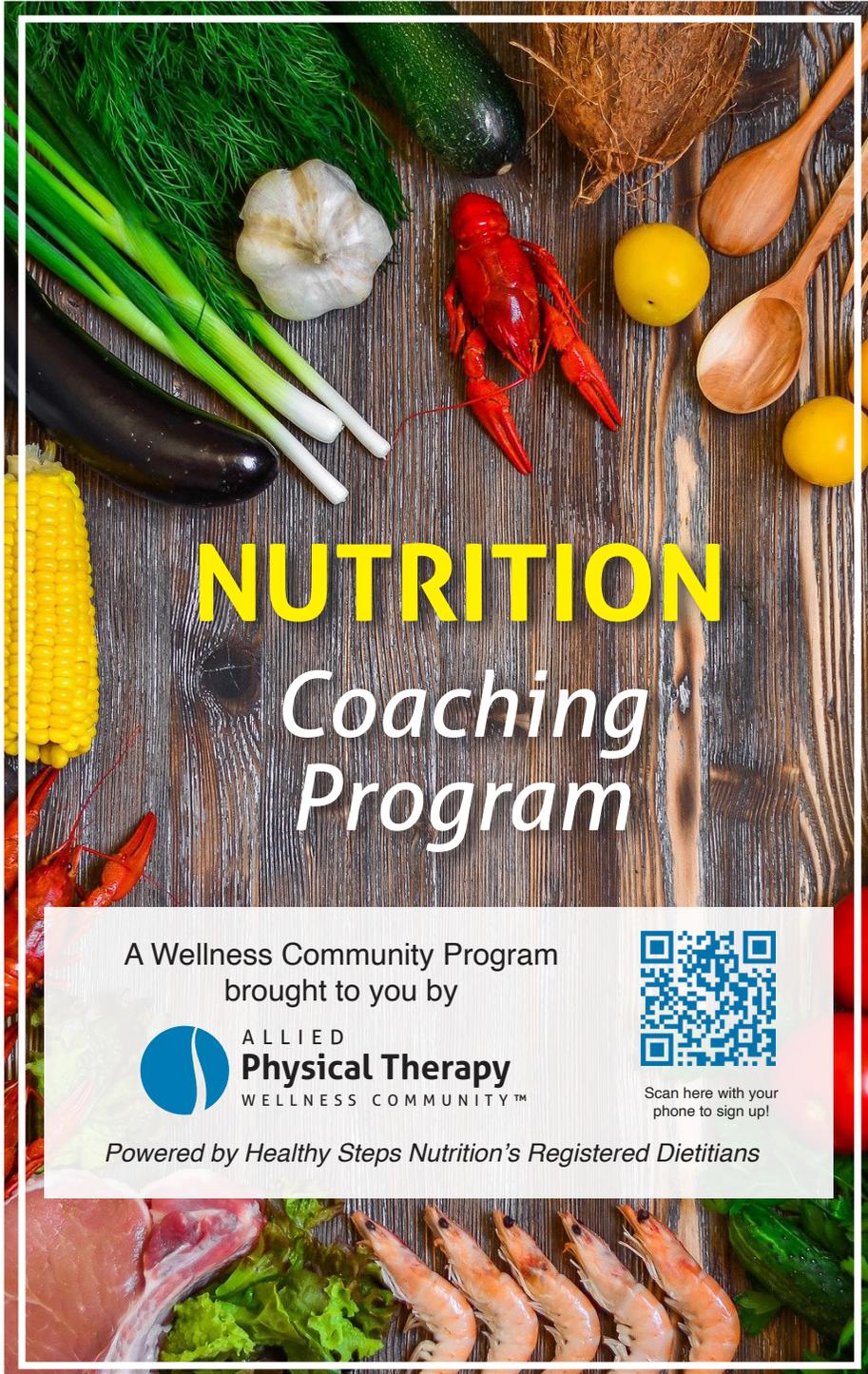
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*Se Habla Español*



# NUTRITION Coaching Program

A Wellness Community Program  
brought to you by



Scan here with your phone to sign up!

*Powered by Healthy Steps Nutrition's Registered Dietitians*

# ARE YOU READY TO TRANSFORM YOUR HEALTH?

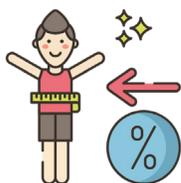
- ✓ Can you commit to working out at least three times per week?
- ✓ Can you commit to a 90-day program?
- ✓ Are you ready to invest your time and money into your health?
- ✓ Can you commit to being coachable?

Sign up at [alliedpt.com/nutrition-program!](http://alliedpt.com/nutrition-program!)

Scan the QR code at right with your phone!



## HOW WE CAN HELP YOU!



Lose weight and body fat



Gain confidence



Support and Accountability



Nutrition Coaching



Expert Nutrition Coaches

Powered by Healthy Steps Nutrition's Registered Dietitians

## 12-WEEK NUTRITION PROGRAMS

### PERSONALIZED NUTRITION COACHING AND HIGHER ACCOUNTABILITY

- ✓ Initial consultation with Nutrition Coach
- ✓ Monthly InBody Scan and progress assessments
- ✓ Access to exclusive HSN app
- ✓ Individualized nutrition plan
- ✓ Healthy cookbook
- ✓ Weekly virtual check-ins with nutrition coach
- ✓ Weekly calls with nutrition coach **or** in-person meetings every other week

~~\$299/mo~~

**\$249/mo\***

### PERSONALIZED NUTRITION COACHING AND ACCOUNTABILITY

- ✓ Initial consultation with Nutrition Coach
- ✓ Monthly InBody Scan and progress assessments
- ✓ Access to exclusive HSN app
- ✓ Individualized nutrition plan
- ✓ Healthy cookbook
- ✓ Weekly virtual check-ins with nutrition coach

~~\$199/mo~~

**\$179/mo\***

## ONGOING MEMBERSHIP<sup>2</sup>

### PERSONALIZED NUTRITION COACHING AND ACCOUNTABILITY

- ✓ Initial consultation with Nutrition Coach
- ✓ Monthly InBody Scan and progress assessments
- ✓ Weekly calls with Nutrition Coach
- ✓ Access to exclusive HSN app
- ✓ Individualized nutrition plan
- ✓ Healthy cookbook
- ✓ Weekly check-ins with nutrition coach via HSN app

~~\$129/mo~~

**\$99/mo\***

\*Special introductory, limited-time pricing! <sup>2</sup>Must complete 12-week program to qualify.