



Dynamic Sports Physiotherapy • Kensington Physical Therapy
1502 – 400 Campbell Road 12620C 132 Ave
St. Albert, AB T8N 0R8 Edmonton, AB T5L 3P9

Nutrition Services Offered:

1. Personalized Nutrition Assessment: 1 hour + 30 minute follow up session

Do you ever wonder how your current diet stacks up? Am I overeating? Am I eating enough protein? What exactly are micronutrients? Our registered dietitian can answer these questions for you. Clients are asked to fill out a detailed 3 day food, beverage and activity record (see attached form) to bring to their first appointment. Our dietitian will look at your diet as well as gather other important information. The follow up appointment will include an analysis of your diet as well as other valuable tools to help you reach your personal goals (whether it be a healthier lifestyle or improved athletic performance).

(Cost: \$150)

2. General Nutrition Assessment: 1 hour

There is an abundance of nutrition information out there. Some is true; a lot are myths. Do you have specific nutrition related questions but don't want a detailed analysis of your diet? Our registered dietitian can answer your questions, based on the most up to date, research based evidence.

(Cost: \$100)

3. Weight Loss Program: 1 hour + 3 follow up sessions (1 per month)

Our registered dietitian will help reach your weight loss goals without enduring a restricted or unrealistic diet plan. This program helps bring awareness of your current eating habits/behaviors as well as provides the knowledge necessary for you to stay on track with a healthier lifestyle. Clients are asked to fill out a 3 day food , beverage and activity record (see attachment) before their initial assessment.

(Cost: \$250)

4. Grocery Store Tours:

Our registered dietitian can show you how to grocery shop efficiently while choosing the healthiest foods. You may even discover foods you have never seen before. Perfect for someone who is stuck in a food rut! You choose the grocery store, and our RD can meet you there.

(Cost: \$85)

5. Additional Services that can be added to the above:

Meal Plans:

Based on your caloric needs, these personalized meal plans take into account your schedule, lifestyle and food preferences. Recipes included.

3 day meal plan (Cost: \$50)

7 day meal plan (Cost: \$100)

Competition Meal and Hydration Plan:

Are you gearing up to run your first marathon? Your first triathlon? Athletes are faced with many challenges around competition due to travel, unfamiliar foods as well as increase stress. Our dietitian will work with you to develop a personalized plan that will take the guess work out of figuring out your carbohydrate and fluid needs before, during, and after competition.

(Cost: \$75)

Additional Follow Up Sessions:

(Cost: \$50)