



NUTRITION RE-BOOT

The WF Nutrition Department will offer one on one nutrition consultations where clients are guided through the basics of nutrition and proper eating. Additionally, clients have the option to combine nutrition and exercise, as both Joanne and Denleigh are Certified Personal Trainers.

You can even use part of your package for personal training to compliment your nutrition work!



Denleigh Grniet

*BS, Exercise Science
Certified Personal Trainer
Group Exercise Instructor
Certified Nutrition Specialist*



Joanne Salois

*Certified Personal Trainer
Group Exercise Instructor
Certified Nutrition Specialist*

Our certified nutrition specialists will help you:

- Create and maintain positive eating behaviors
- Build long and short term attainable goals
- Understand dietary allowances and energy nutrients
- Determine Total Energy Expenditure (TEE)
- Calculate energy needs for endurance athletes
- Identify pitfalls of dieting
- Read and understand food labels
- Manage nutrition, weight and general fitness

Please contact Andy Sharry, Director of Fitness & Wellness
andy@worcestersfitness.com and (508)852-8209 for appts.



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