

COACHING DESCRIPTIONS



Merritt Clubs' Nutrition and Wellness Department is composed of a well-rounded team of professionals that offer both individual and group sessions to help our clients on their journey in reaching their unique health and wellness goals.

Our coaches are here to guide, motivate, encourage, and most importantly, teach. We help to empower our clients with enough knowledge and skills to develop the confidence to continue working towards their objectives through any obstacles that may arise.

SERVICES WE OFFER:

Health Coaching

Our team of certified Health Coaches is here to help individuals feel their best and work through health-related problems. We focus on the unique dietary, lifestyle, physical, and emotional needs of our clients to assist them in discovering how to fuel their bodies and become the healthiest versions of themselves. Our coaches work with the client to develop a long-term vision for tackling specific health problems that are broken down into shorter more manageable goals while providing motivation, support, and accountability.

Health coaches can assist in (but are not limited to):

- Implementing doctor-recommended changes to diet and lifestyle
- Weight management
- Altering body composition
- Habit changes
- Managing stress
- Healthy eating
- Supporting the fight against chronic health problems

Life Coaching

Life Coaching involves exploring deeper elements of a client's life to facilitate personal growth. Our team of Life Coaches often aid those who feel "stuck" or who desire more confidence in one or more areas of life. The Life Coach helps individuals connect to their values and core beliefs, develop a vision, and take steps towards achieving the goals that support their aspirations. Mindfulness, self-care, and reflection are generally part of this process.

Life Coaches can assist in (but are not limited to):

- Relationships
- Social life
- Career and preparing for the future
- Family and parenting
- Spiritual development
- Health and wellness

Mindfulness Coach

Mindfulness is a workout for the awareness muscles and our team helps invite the practices that flex the "bicep curls of the brain." When we are present, our thoughts are no longer in the driver's seat. Mindfulness helps cultivate space between thoughts and reactions and increases awareness for greater focus. The client becomes more resilient, compassionate, balanced, and present for life. As part of the coaching session, accessible and practical mindfulness techniques will be offered that may include both secular meditation practices as well as non-meditation mindfulness exercises to incorporate into daily life.

Mindfulness Coaches can assist in (but are not limited to):

- Managing stress, self-care, self-compassion, anger management, mindful parenting, or working with difficult emotions
- Teaching mindfulness techniques
- Leading guided meditations based on individual needs
- Implementing techniques into everyday life and creating a practice plan for the week

Registered Dietitian (RD)

Our Registered Dietitians are professionals with recognition from the Commission on Dietetic Registration of the Academy of Nutrition and Dietetics for meeting their educational and experiential standards regarding food and nutrition. Our RDs have a well-developed background and training in the health sciences to assist as clients tackle ongoing health and medical concerns. Our team of Registered Dietitians uses structured and personalized plans while providing the most accurate nutrition information and research to our clients.

Registered Dietitians can assist in (but are not limited to):

- Complete nutrition assessments
- Prescription of specific diet plans
- Detailed analysis of medical history, family history, diet, and lifestyle factors
- Providing Medical Nutrition Therapy to assist in management of chronic diseases such as diabetes, high blood pressure, cancer, heart disease, etc.
- Educate and assist in food selection and meal preparation
- Providing education on the latest research in nutrition and food sciences

GET ONE FREE COMPLIMENTARY WELLNESS ASSESSMENT (\$50 VALUE)

Session limited to one per person, see back for details.

COMPLIMENTARY WELLNESS ASSESSMENT:



During this 30-minute session, each client will meet with one of our certified coaches to discuss individual goals, needs, and struggles. This includes an evaluation of the effectiveness of past and current eating and exercise plans as they relate to the unique health, wellness, and performance goals of each client. The purpose of this session is to identify and plan to overcome dietary and exercise-related deficiencies that may prevent our clients from achieving their targeted results. Together with the client, our coaches help to map out a plan of action and discuss next steps for overcoming barriers to finally reach their goals and to feel their best!

PRICING:

	Member Pricing		Non-Member Pricing	
	1 Session	Series (3+ sessions)	1 Session	Series (3+ sessions)
Coaching*	\$69/session	\$59/session	\$89/session	\$79/session
Registered Dietitian	\$89/session	\$84/session	\$109/session	\$104/session
Couples Session (Coaches)	\$94/session	\$89/session	\$114/session	\$109/session
Couples Session (RD)	\$119/session	\$114/session	\$139/session	\$134/session

* Coaching includes Health Coaching, Life Coaching, and Mindfulness Coaching; all sessions are 55 minutes.

Please note - you must cancel 24 hours or more before session to avoid being charged. Ask about discounts for existing Personal Training clients.

TO SCHEDULE A SESSION, CONTACT:

Lindsay Silbert
 lsilbert@merrittclubs.com
 410.821.0160 Ext: 2084

Name How did you hear about this program?

Address

City/State/Zip

Home Phone # Cell Phone #

Email

The undersigned as or on behalf of the participant (the "Participant") in the subject program (the "Program") acknowledges and accepts the risks inherent in the use of the Merritt Clubs' facilities and participation in the Program and assumes the sole risk of injury, accident, death, loss, cost or damage to person or property that might arise therefrom, including those arising in connection with any pre-existing physical condition or impairment. The Participant agrees to abide by all policies and procedures of Merritt Clubs, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

The Participant hereby grants Merritt Clubs, its instructors, employees, servants, and agents (collectively, "Merritt") the right to make photographs, audio recordings, videotape, or other electronic reproductions of the Participant's image, voice or likeness during or in connection with the Program and authorizes Merritt to use the Participant's image, voice, and likeness in drawings, photographs, videotapes, sound recordings, motion pictures or other media materials (collectively, "media materials") for promotional purposes, research, publicity or other purposes deemed appropriate by Merritt. The Participant hereby waives any right to inspect or approve any media materials that Merritt may eventually use containing the Participant's image, likeness or voice. The undersigned hereby acknowledges and agrees that all media materials are the property of the Merritt, including any copyright therein, and that the Participant may or may not be included in whatever credits are associated with the media materials.

The undersigned, individually and on behalf of the Participant and his or her heirs, personal representatives, executors, representatives and assigns, hereby releases and discharges Merritt from all claims, demands, injuries, damages, costs, expenses, liabilities, actions or causes of action whatsoever to the Participant's person or property or otherwise incurred by the Participant arising out of or in connection with (a) the use of the Merritt Clubs' facilities and participation in the Program or (b) arising from acts of active or passive negligence on the part of the Merritt or (c) the making of and release of media materials or any information concerning the media materials.

Signature Date

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