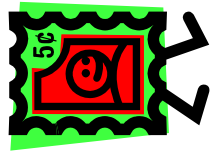




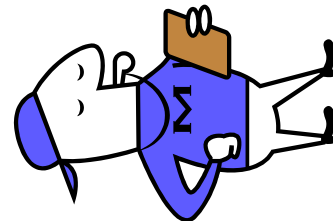
All nutrition services are provided by
Nikki Ford, MA, RD, LMNT

Registered Dietitian, Licensed Medical
Nutrition Therapist

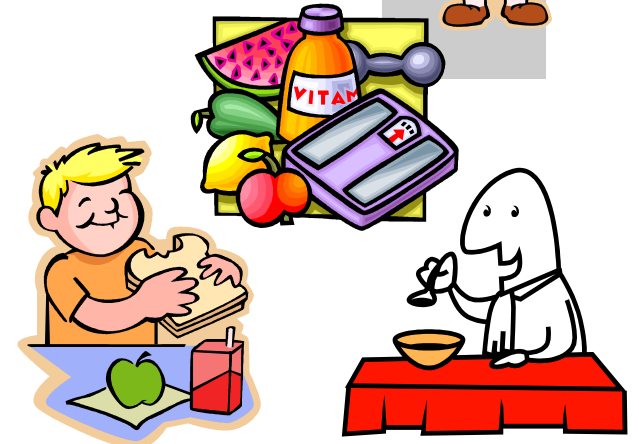
nikkiford@earthlink.net



Tiger Coaching & Personal Training
2110 Winthrop Rd
Suite 100B
Lincoln, NE 68502



Nutrition Services



Tel: 402-488-8280
Or 402-560-8280
coach@tigercoaching.com

Why Nutrition?

We provide meaningful nutrition services to our customers. Our goal is to help you achieve your goals. We offer a variety of services that can help improve and maintain your health and the health of your family. Eating right and staying healthy is not easy. There is a large amount of nutrition and health information available that can be confusing and overwhelming. We can help you make sense out of it all! At Tiger coaching we value the individual and recognize individual wants and needs. Not everyone has the same goals. For this reason we tailor our services and do not provide a "one-size fits all" plan.

What Is a Registered Dietitian?

Completed at least four years of education in nutrition or related field from accredited college or university program approved by the American Dietetic Association.

- Complete at least 900 hours of supervised practice in nutrition and dietetics.
- Pass an extensive examination administered by the Commission on Dietetic Registration.
- Continuing education must be completed to maintain registration status.

Do you need a dietitian?

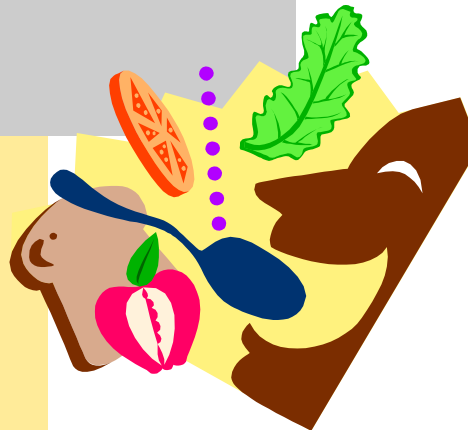
Virtually anyone can benefit from nutrition advice. Whether you are an athlete, need to lose weight, have a particular health condition, or just want to lead a healthier lifestyle we can help!

We look forward to working with you!

-Nikki Ford, MA, RD, LMNT

AVAILABLE SERVICES:

- **Individual Nutrition Counseling** for athletes and fitness clients \$60 an hour or package sessions Half hour session - \$35
- **Five session package - \$160:**
One hour session with four 30 minute follow-up sessions.
- **Eight session package - \$250:**
One hour session with seven 30 minute follow-up sessions
- **Computer Nutrition Assessment** with Consultation - \$145
- **Menu Planning** (individual pricing)
- **Follow-Up Consultations** - \$30 for 30 minutes
- **Recipe Analysis**
\$50 an hour
- **Grocery Store Tours**
\$85
- **Presentations to a group**
\$60 an hour



Meet with our Registered Dietitian Today!

For More Information or to set up an appointment, contact:

Tiger Coaching & Personal Training

2110 Winthrop Rd

Suite 100B

Lincoln, NE 68502

Phone: 402-488-8280

Email: coach@tigercoaching.com

nikkiford@earthlink.net

