



Sports and Wellness Nutrition Services

Fundamental Sports Nutrition Package

Our most popular package, this session includes 1-hour nutrition counseling, body fat testing using the Bod Pod, and resting metabolic rate testing. This is an ideal way to start a weight loss, wellness, or fitness plan.

Cost: \$160

Fundamental Sports Nutrition Counseling

A 1-hour session designed for those who want nutritional guidance for race day, carbohydrate loading, nutrition pre, during event, and recovery, and assessment of hydration needs.

Cost: \$90/hour

Sports Nutrition Follow-Up

An extension of fundamental sports nutrition counseling tailored to your specific needs. Reassess and monitor athletic nutritional requirements. Appointments are 30-minutes each.

Cost: \$55 OR 3-\$150

MultiCare 
**Center for
Healthy Living & Health Equity**

BetterConnected



Body Fat Analysis w/BodPod™

A test to determine your body composition, or lean body mass to fat body mass using the BodPod™, the gold standard of body composition testing. Interested in monitoring your progression towards

increasing your lean muscle mass and strength?

Consider a package of 3 visits.

Cost: \$60 OR 3-\$150

Resting Metabolic Rate

A test to determine your calorie burn at rest. Useful when determining your calorie needs for your specific goal: weight maintenance, loss, or gain. This is the gold standard test in determining your calorie needs.

Cost: \$65

Body Fat and Resting Metabolic Rate Testing

Our popular body fat (using BodPod™) and resting metabolic rate testing in one visit. Save \$15 when you receive both tests.

Cost: \$100

Comprehensive Sports Wellness Package

This package includes 3, 60-minute sessions with a focus on improving body composition, including:

- Resting metabolic rate testing
- 3 BodPod™ tests to monitor progress
- Complete assessment of current diet, vitamins, minerals, supplements, and hydration
- A meal plan and sample menu of current dietary needs
- Sports nutrition education, carbohydrate loading, nutrition pre, during event, and recovery

Cost: \$365

All services provided by MultiCare Center for Healthy Living registered dietitians. To schedule an appointment please call 253.459.6999.

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For more information visit
multicare.org/home/sports-nutrition

**MultiCare Employees and YMCA Members receive a 20% discount.*