

The Rite Bite

Fitness & Nutrition

What do you get when you combine nutrition coaching and a complete workout into a single session?

Leave it to the nutrition and fitness experts at The Rite Bite to develop a program with a busy lifestyle at the very heart of it!

Welcome to efficient, welcome to *NE1*.

What to Expect



During the cardiovascular conditioning you will discuss food records and nutrition goals individually with your *NE1* Coach.

As a group your *NE1* Coach will lead you through a strength training workout to include all of the major muscle groups.

Your *NE1* Coach ends the hour session with stretching and individual goal setting for the following week.

Additional Support

Individual pre and post health screenings for measurable results.

Workbook and journal to help you with your goals.

24/7 e-mail and phone access to your *NE1* Coach.



NE1

*Nutrition
Exercise
all in 1*

**Buy One Get One for 50% off
12 Week Program
now through the end of March**

Regularly \$200 per person