



Healthy Weight Program

2 Appointments With a Nutritionist	1 Appointment With a Personal Trainer	Access to Facebook
<ul style="list-style-type: none"> ➤ Registered and licensed dietitian ➤ One-on-one appointments ➤ Menu planning ➤ Develop individual dietary and action plan ➤ Accountability 	<ul style="list-style-type: none"> ➤ Nationally Certified ➤ One-on-one appointment ➤ Develop individual fitness plan 	<ul style="list-style-type: none"> ➤ Access to interesting articles and posts ➤ Stay connected

Cost = \$40.00

- **Enrollment Ends: November 15, 2017**
- Payment is collected or charged to Bursar account during the first nutrition appointment.
- All appointments must be completed prior to the end of the semester.
- Participants must attend first nutrition appointment before scheduling with personal trainer.
- All participants must be enrolled in 6 or more credits hours at UNM during the semester.

**Schedule at SHAC Reception or call SHAC at 505.277.3136.
SHAC Website: shac.unm.edu**