

CrossFit

HELLBOX
Move Well, Live Well

CrossFit HellBox Nutrition Services

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1:1 Nutrition Coaching

What you eat has a far greater effect on your overall health and body composition than exercise alone. In other words, you can't out exercise a bad diet. Our nutrition programs combine proven strategies from a Precision Nutrition certified coach that produce behavior changes to create habits that will last a LIFETIME. Our program is designed around real food, no shakes, no crash diets, and no pills. We work with you to develop an individualized nutrition program, designed to fit your lifestyle and enable you to reach your health and fitness goals. This nutritional program doesn't make you change your lifestyle to "fit it in" but rather allows you to make it fit YOUR lifestyle.

Our Nutrition Coaching Program at CrossFit HellBox is very unique and is designed to provide individuals with an easy, science-based approach to nutrition and wellness, using simple behavior modification strategies to create positive change without the stress of "dieting". Imagine the confidence you could have walking into the grocery store or a restaurant knowing exactly what you should eat to not only feel great but look great too! The internet is filled with diet plans, recipe plans, and other information. There are a lot of programs out there telling you what NOT to eat or how to replace meals with supplements or a shake but what if we could attain this confidence through learning what TO eat and using whole foods with limited ingredients? That is what you get with our nutrition services, a teaching program that builds life-long skills one step at a time!



NUTRITION FUNDAMENTALS PACKAGE

This is our Nutrition 101 and is intended for individuals who just want an easy, habit based outline of what, when, and how to eat in order to produce great results. This program is designed to teach general nutrition, providing a simple approach to understanding how different elements, like macro and micronutrients, play a vital role in meeting individual goals. This program is for someone looking to create a general healthy lifestyle designed around sustainable habits.

Includes:

- 60 minute Initial Consultation
- Custom information and education packet
- Meal preparation guide
- Immediate action plan
- Outcome and Behavior goal setting
- Weekly e-mail support
- Monthly accountability session

Pricing:

*\$100 1st month (includes 60 minute initial consultation)

*\$50 (member)/ \$75 (non-member) per month with 12 month commitment

*\$65 (member)/ \$90 (non-member) per month with 6 month commitment

*\$80 (member)/ \$105 (non-member) per month with 3 month commitment

CUSTOM NUTRITION PACKAGE

This nutrition package is intended for individuals who want a more specific plan to target their goals: fat loss, muscle gain or to improve performance in their sport. It also includes additional accountability and the support of a knowledgeable professional throughout. Clients will receive an individualized plan, based on measurements, lean body mass, and activity level. This program will be tailored specifically to meet the needs of the individual which includes weekly e-mail check ins/adjustments as well as a monthly 15 minute consultation to review progress and goals.

Includes:

- 60 minute initial consultation
- Custom information and education packet
- Meal preparation guide
- Customized macronutrient calculation
- Individualized nutrition plan
- Outcome and Behavior goal setting
- Body measurement evaluation and body fat calculation
- Weekly nutrition reporting form review and professional feedback/adjustment
- Monthly 15 minute one on one consultation

Pricing:

*\$150 1st month (includes 60 minute initial consultation)

*\$70 (member)/ \$85 (non-member) per month with 12 month commitment

*\$85 (member)/ \$100 (non-member) per month with 6 month commitment

*\$100 (member)/ \$115 (non-member) per month with 3 month commitment