

Welcome to Our Dietitian Consultation Program

Dear [Client's Name],

We are excited to have you join our Dietitian Consultation Program at [Fitness Center Name]. Our goal is to support you in achieving your weight loss goals through personalized nutrition advice and guidance.

Program Overview

During your consultation, our certified dietitian will:

- Assess your current dietary habits
- Discuss your weight loss objectives
- Provide tailored meal plans and nutrition tips
- Offer strategies for maintaining a balanced diet
- Monitor your progress and make necessary adjustments

Consultation Details

Your first session is scheduled for [Date] at [Time]. We kindly ask you to arrive 10 minutes early to complete any necessary paperwork.

What to Expect

Please come prepared with any relevant medical history and dietary preferences, as this will help us create the most effective plan for you.

Contact Information

If you have any questions or need to reschedule, please reach out to us at [Phone Number] or [Email Address].

We look forward to helping you on your journey to better health!

Sincerely,

The [Fitness Center Name] Team