

Sports and Wellness Nutrition Services



Fundamental Sports Nutrition Package

Our most popular package, which includes body composition assessment using the BodPod™, resting metabolic rate (RMR) testing to assess individual energy needs, and 1-hour of nutrition counseling. This is an ideal way to start a fitness or wellness plan. **Cost: \$200**

Sports Nutrition Counseling

A 1-hour session designed for those who want nutritional guidance to support fitness, training and/or competition. Special attention may be paid to carbohydrate and protein needs, pre-event preparation, nutritional needs during endurance events, recovery plans, and assessment of hydration needs. **Cost: \$137.60/hour**

Sports Nutrition Follow-Up

An extension of sports nutrition counseling tailored to your specific needs. Monitor and assess progress towards reaching your individual nutritional goals. Appointments are 30 minutes each.

Cost: \$59.20

MultiCare 

Orthopedics & Sports Medicine

multicare.org/sports-nutrition

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Body Composition Assessment w/ BodPod™

An assessment of your body composition, or lean body mass to fat body mass, using the BodPod™, which is the gold standard of body composition testing. Interested in monitoring your progress as you make

lifestyle changes relative to nutrition and fitness? Consider a package of 3 visits. **Cost: \$70 OR 3/\$175**

Resting Metabolic Rate

A simple breathing test to determine your energy needs at rest, which is useful when determining your specific calorie needs. Indirect calorimetry is used to accurately assess your individual metabolism. **Cost: \$75**

Body Composition Assessment and Resting Metabolic Rate Testing

Our popular BodPod™ and resting metabolic rate (RMR) testing in one visit. Save \$20 when you schedule both tests. **Cost: \$125**

Comprehensive Sports/Wellness Package

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

- 1 Resting metabolic rate (RMR) test
- 3 BodPod™ assessments to monitor progress over time
- Nutritional assessment of current intake
- One initial and two follow-up nutrition counseling sessions, to include:
 - Sport-specific nutrition education
 - Assessment of carbohydrate and protein needs
 - Hydration plans
 - Pre-event preparation, nutritional needs during endurance events, recovery plans

Cost: \$400

All services provided to teens and adults by board-certified Sports and Wellness Dietitian Lisa Lovejoy, MEd, RD, CSSD. To schedule an appointment, please call 253-792-6555.

In addition to the above services, which are not covered by most insurance plans, Medical Nutrition Therapy (MNT) is also available and may be covered by insurance.

A referral from a medical provider is required and prior authorization is advised. Nutritional issues covered by MNT include, but are not limited to weight concerns, disease prevention or management, and disordered thoughts or practices related to eating.

For more information visit multicare.org/sports-nutrition