

EAT RIGHT.

"Precision Nutrition™ is a proven, successful Nutrition Coaching program. I am thrilled to be able to share it with my friends at Kingsbury Club!"

*Jody Pugh, Fitness Director
Kingsbury Club*



Why it works.

Precision Nutrition Coaching is a program that uses a habit-based approach to help clients lose fat, gain strength, and improve their health.

Instead of a "meal plan" to follow, which is a very short-term (and limited) solution that never really addresses core problems, **Precision Nutrition** is a progressive, development of lifelong habits that will lead you to **real** change.



186 Summer St. Kingston, MA
kingsburyclub.com

The Program

Nutrition Coaching

\$99/Month

includes private bi-weekly
weigh-ins & discussion

Non-Members of the Kingsbury
Club will be charged an
additional 10%.