

LEGENDS GOLF & CC FITNESS CENTER

TRANSFORM YOUR BODY WITH B POWERFUL

**Personalized & Results-Driven
Functional Nutrition Coaching**

Achieve your health goals with custom-tailored nutrition plans designed for your unique biology. Our personalized, results-driven programs go beyond generic advice to address the root causes of your symptoms and build a sustainable path to vibrant health.

HEART HEALTY MENU



Nutritional Guidance & Meal Planning

Practical dietary strategies instead of restrictive, unsustainable fad diets.

Personalized caloric and macronutrient targets based on your metabolism.

Strategies for navigating club dining, social events, and travel.



Behavioral Coaching & Lifestyle Adaptation

1x1 sessions to identify and overcome emotional eating habits.

Stress management techniques to prevent cortisol-related weight gain.

Sleep optimization tracking to maximize your daily fat-burning potential.



Accountability & Progress Tracking

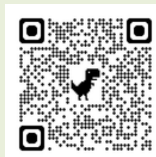
Weekly body composition analysis measuring muscle mass and body fat.

Private check-ins to review roadblocks, successes, and habits.

Continuous modifications to your program to prevent weight loss plateaus.



**CALL B POWERFUL TODAY
941-504-4767**



FOR MORE INFORMATION ABOUT
B POWERFUL FITNESS CENTER
NUTRITION COACHING, MEAL
PLANS, EVENTS, & STAFF BIOS
SCAN QR CODE WITH
CELLPHONE

