



8685 W. Union Hills Drive, Peoria, AZ 85382  
Phone: 623.486.2331 Fax: 623.486.3136  
2525 W. Carefree Highway, Bldg. 5 #136, Phoenix, AZ 85085  
Phone: 623.580.0111 Fax: 623.580.9080  
ArrowheadPT.com



## **FIT2LIV NUTRITION PROGRAM**

The Arrowhead Physical Therapy Fit2Liv Nutrition program is an integrative approach to nutrition. The program focuses on improving body function naturally by nourishing, balancing and revitalizing the whole individual. The program identifies ways to overcome illness and inflammation to ensure improved health, vitality and energy.

In order to obtain the maximum benefit from your appointment, please arrive 15 minutes prior to your nutrition consultation to complete the required paperwork. During your appointment our Nutrition Consultant will analyze your personal and family health history, examine your current lifestyle and state of health, and clarify your health goals. She will then guide you through a comprehensive and highly personalized step-by-step program to achieve those goals. As part of your examination, you will be offered a bio-impedance analysis (BIA) to determine your body composition and cellular health/inflammatory state.

To obtain the best results, please follow the below guidelines:

- Avoid caffeine for 4 hours prior to your appointment.
- Avoid alcohol for 4 hours prior to your appointment.
- Follow your regular exercise habits, however, avoid exercise for 4 hours prior to your appointment.
- Follow your regular eating and hydration habits (fasting is not necessary).
- Empty your bladder immediately before your appointment.
- Wear removable footwear to insure access to your feet (no pantyhose).
- Avoid hand and feet lotion on the day of your appointment.

Thank you and we look forward to helping you not only achieve but exceed your personal health and nutrition goals.

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