

wellness

at the BELLEVUE CLUB

Personalize your path
to total health



Welcome to the Bellevue Club's Wellness Center, where our team of experts are waiting to help you find optimal health and happiness. With options ranging from nutritional guidance to heart zone training and more, we offer a wide variety of customizable services that address both the physical and mental aspects of wellness. To make things as easy as possible, we have designed packages that incorporate many of our services, or you can pick and choose what works best for you and your goals.



**Prices listed are per person
and do not include tax*

WELLNESS SERVICES



REGISTERED DIETITIAN SERVICES

With a holistic approach toward wellness, the Bellevue Club has trained dietitians available to help members with diet choices that fit their lifestyle. Our registered dietitians offer in-depth nutrition counseling and expert guidance on nutrition and its impact on health, wellness and athletic performance. We provide accurate individualized nutrition counseling and instruction based on your medical history, activity level and personal objectives. *Schedule an appointment and learn how to live a healthier, more delicious life.*

Pricing:

- Initial Session: \$130
- Follow-up Session: \$110
- 30-minute Follow-up Session: \$75

Packages:

- 3-Session Package: \$325
- 5-Session Package: \$535

INBODY BODY COMPOSITION ANALYSIS

(The gold standard)

The InBody test measures your total body fat, body water, basal metabolic rate and lean body mass distribution. Using patented technology, the InBody is not dependent on empirical estimations. It achieves individual measurements for each segment of the body: four limbs and the trunk.

Pricing:

- One Test: \$50
- Two Tests: \$79



THRESHOLD HEART RATE TEST

This test will tell you exactly what heart rate you should be exercising at, where you are most efficient and what your low (T1) and high (T2) thresholds are. This test is an absolute necessity for those looking to lose weight, enhance performance, or increase efficiency.

Pricing:

- One Test: \$90
- Two Tests: \$150

HEART ZONE TRAINING

Confused about what your heart rate should be during exercise? Our Heart Zone-certified trainers will create a workout that improves your ability to burn fat, increase stamina and improve your overall fitness. Heart rate training zones are determined by your individual physiology. Everyone benefits from knowing his or her numbers, whether for general fitness, weight loss or the next big race. Stop guessing and get Heart Zones tested.

Private Heart Zone Training:

- 60-minute Session: \$80
- 45-minute Session: \$60

Semi-Private Heart Zone Training:

- 60-minute Session: \$50
- 45-minute Session: \$40





HEALTH IMPROVEMENT AND WEIGHT MANAGEMENT PROGRAMS



YOUR BODY YOUR LIFE

Your Body Your Life is a six-week, individually tailored health and weight loss program. Each program is specifically designed to optimize your chances for success. Benefits include weight loss, improved blood pressure, improved cholesterol, improved glucose tolerance, lower stress and improved body image.

Program includes:

- Six nutrition counseling sessions
- Twelve personal training sessions
- Six heart zone training sessions
- Two threshold heart rate tests
- Two wellness evaluations
- One threshold heart rate test
- Three massages at the BC Spa
- Food scale
- Heart rate monitor

Pricing:

- 6-week Program: \$2,500





MEET THE WELLNESS TEAM



REGISTERED DIETITIAN
WENDY CAAMANO, MS, RD,
CD, ACSM, ACE, AFAA

Wendy has her undergraduate degree in exercise science and a master's degree in nutrition from Bastyr University. While

earning her masters, Wendy was mentored by Joy Bauer, *The Today Show's* registered dietitian. Wendy specializes in nutrition counseling and practices philosophies such as intuitive eating. She works with topics ranging from sports nutrition and disordered eating, to different disease states. Wendy was formerly the official dietitian for the professional WNBA's Seattle Storm team and has worked with the NWSL Seattle Reign team.



REGISTERED DIETITIAN
LAURELEE MISSEGGERS,
MS, RD, CD

Laurelee has training in both the alternative and more traditional approaches to nutrition. Because she has

seen her own health improve dramatically after changing her diet, she is passionate about helping others achieve better health as well.



HEART ZONE TRAINER
ANNELISE DIGIACOMO,
ACSM, HFS

Annelise specializes in cardiovascular fitness training with the use of a heart rate monitor and the Heart Zones Training methodology. She

has more than 10 years of Metabolic VO2 Fitness Testing expertise and knowledge.



HEART ZONE TRAINER
TYLER GREER, BS,
ACSM, HFS

With a B.S. in Kinesiology from San Diego State University and over six years experience with personal and athletic training, Tyler special-

izes in weight loss, gaining muscle mass and strength, post rehab and sport-specific training.



HEART ZONE TRAINER
NANCY BLACK, BA,
RRCA CERTIFIED

Nancy has a bachelor of arts in kinesiology from the University of Washington. She has a certificate in sports medicine and human per-

formance, and is a certified Pilates instructor. Nancy has been involved in the fitness industry for more than 30 years and enjoys helping her clients gain a passion to change their lifestyles and get fit for life!



HEART ZONE TRAINER
MELANIE BAKER,
NSCA CERTIFIED, AA

Melanie has been working in the fitness industry for over six years, helping clients of all ages and fitness levels achieve and maintain goals

ranging from athletic competition to improvements in everyday function. Her goal is to empower every client with the knowledge how to be successful in achieving their health & fitness goals.



wellness at the BELLEVUE CLUB

For more information on Wellness programs
at the Bellevue Club, contact
wellness@bellevueclub.com or 425.688.3172.