



"HEALTH IS NOT ABOUT THE WEIGHT YOU LOSE; IT IS ABOUT THE LIFE YOU GAIN!"

### Accept the FREE Evaluation offered to PEHP members

Whether your goal is to lose body fat, gain muscle, run a race, improve overall health and gain a better education, Key Nutrition can help. A FREE evaluation is offered to check body composition (fat vs. muscle) and a realistic goal will be recommended for your personalized program. You will be provided with an exercise, nutrition and supplement program designed specifically for you by your fitness and nutrition professional. Education will cover all 5 fitness fundamentals, ensuring a program that utilizes every factor involved in getting you to your goal. Motivation and challenges at your weekly appointment will be given to shift your thinking on how the proper food and exercise will transform your body. This is a different type of weight loss, it's fat loss. It's a lifestyle approach that you can find your healthiest life and live it happily.



**THE KEY NUTRITION  
12 WK PROGRAM**

---

**PERSONALIZED  
MEAL PLANS**

---

**TAILORED EXERCISE  
ROUTINE**

---

**BODY COMPOSITION  
TESTING**

---

**PERSONAL  
ASSISTANCE AND  
ACCOUNTABILITY**

### **KEY NUTRITION**

11639 S 700 East #120  
Draper, UT 84020  
[www.keynutritionutah.com](http://www.keynutritionutah.com)



Robyn Peck 801-918-3899  
[robyn@keynutritionutah.com](mailto:robyn@keynutritionutah.com)