



Improve your health with our expert nutrition services at Broward Health Medical Center's Fitness Center. Benefit from tailored plans crafted by our registered dietitian, seamlessly integrating a healthier lifestyle from the inside out.



Broward Health[®]

Fitness Center

Physician Office Building, 8th Floor
1600 S. Andrews Avenue,
Fort Lauderdale, FL 33316

954.712.6824 • BrowardHealth.org/BHFitness

Nutrition Services at Broward Health

Our Registered Dietitian Nutritionist (RDN) Will Help You:

- Achieve weight management goals
- Navigate dietary needs
- Gain nutritional education
- Prevent chronic diseases
- Optimize health with personalized plans
- Benefit from ongoing support

Nutrition Packages:

Choose a package that aligns with your goals.

- 1 Session **\$100**
- 3 Sessions **\$225**
- 6 Sessions **\$360**

Healthy Living & Positive Habits:

- Create balance on your plate and aim to fill it with 1/2 vegetables, 1/4 fiber-filled carbohydrates, and 1/4 lean proteins.
- Stay well-hydrated with water, herbal teas, or infused water throughout the day, and monitor your body's signals for hydration needs, especially during physical activity.
- Choose whole, unprocessed foods over highly processed options for optimal health.
- Incorporate daily physical activity you enjoy, whether it's a brisk walk, dancing, or engaging in a fitness class.

If you have any questions,
contact Sara Saiovici, RD, LDN at
ssaiovici@BrowardHealth.org.



Broward Health[®]

Fitness Center