

NUTRITION COUNSELING

WITH PAULA SANDOVAL



Paula is a Registered Dietitian and NSCA-Certified Personal Trainer with over 20 years of experience, specializing in evidence-based nutrition for real-life results. She's worked across clinical settings supporting clients with cancer, renal, liver, and cardiac conditions, as well as community nutrition programs for seniors and wellness-focused coaching for everyday health goals.

Paula provides 1:1 nutrition counseling at the gym: personalized, practical, and built around each client's lifestyle. Whether your goal is better energy, fat loss, strength and performance, or improved health markers, she creates a plan clients can actually stick with.

PAULA'S SPECIALTIES:

- ▲ Nutrition for weight management & overall wellness.
- ▲ GLP-1 support w/ Certified GLP-1 Coach.
- ▲ Menopause nutrition coaching for help with symptoms & metabolism changes.
- ▲ Lifestyle nutrition for cardiometabolic health.
- ▲ Support-informed guidance for clients with various health needs.

YOU'LL GET A PLAN THAT FOCUSES ON:

- ▲ Sustainable habits.
- ▲ Targeted nutrition strategies.
- ▲ Clear next steps and accountability.
- ▲ Results you can feel and measure.

BOOK YOUR 1:1 NUTRITION CONSULT TODAY!

MORE INFORMATION & PRICING, CONTACT PAULA SANDOVAL:

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