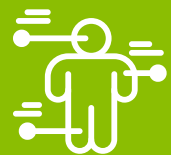


Added Incentives

TowneBank employees enjoy FREE InBody* testing, and 10% off on all personal training sessions with our certified trainers.



InBody

*Free Body Composition Analysis with MNT session



10% OFF

All Personal Training



Get Started
TODAY!



757-422-4728



<https://jimwhitefit.com>



115 College Place, Norfolk, VA 23510



848 First Colonial Rd., Suite B,
Virginia Beach, VA 23451

Who We Are?

Our team of Registered Dietitians is committed to making a difference and helping you get really, truly fit for a lifetime. With our expertise in Medical Nutrition Therapy, we are able to offer a multitude of valuable services that are designed with your specific needs in mind. We are truly partners in your health.



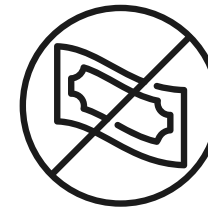
Medical Nutrition Therapy

TowneBank employees can receive one-on-one nutrition counseling through our team of expert Registered Dietitians. Our nutrition services are covered by insurance and can help you improve your overall health, manage chronic conditions, and reach your personal wellness goals.



Meet with a Dietitian for FREE - Covered by your insurance!

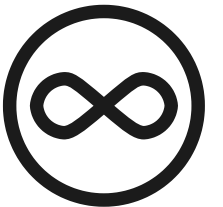
- 97% of our patients pay \$0 out of pocket!
- Our Registered Dietitians develop your nutrition plan based on medical history, health conditions, lifestyle and goals.
- We are in network with Anthem, Sentara Health Plans, United, Cigna, Aetna, Medicare, and Medicaid.



No Copay*



No Referral



No Visit Limit



Why Jim White Fitness & Nutrition Studios?

1

Proven Success

Results-driven approach to wellness and nutrition!

2

Our Staff

Our expert Dietitians offer customized meal plans tailored to your unique needs!

3

Flexible Appointments

Telehealth appointments mean our fitness and nutrition experts are always here for you!