



# Real Fuel. Real Results.

- WEIGHT LOSS
- HEALTH MANAGEMENT
- SPORTS PERFORMANCE
- COMPREHENSIVE TESTING

**OUR TEAM, OUR TECHNOLOGY,  
YOUR PARTNER TO SUCCESS**



@TNT\_GETFIT



Total Nutrition Technology



@TNT\_GETFIT

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# WHO WE ARE.

## REAL FUEL. REAL RESULTS.

Total Nutrition Technology's comprehensive approach addresses the entire individual and their needs. We start with an extensive health evaluation and assessment. This is followed by a custom-built nutrition plan & one-on-one coaching sessions ensuring it fits one's lifestyle and dietary objectives. Our clients succeed because we are with them every step of the way, ensuring focus is maintained and results are achieved.

**Our Mission:** Total Nutrition Technology's mission is to assist individuals in obtaining optimal health and/or sports performance goals resulting in healthier, longer and stronger lives.

### HISTORY

Established since 1993, TNT is privately owned and operated by an innovative & passionate executive team with extensive industry experience.

### INSURANCE

We are in network providers with BCBS insurance. Services may be fully covered. Contact us at [info@tntgetfit.com](mailto:info@tntgetfit.com) to check your benefits.

We accept FLEX, HSA & FSA Accounts.



### LOCATIONS

Multiple convenient office locations throughout Charlotte metro area for in-person coaching sessions.

Optional on-site visits for corporate accounts.

***Remote services available internationally***

### COMPANY DETAILS

- Utilizes evidence based research
- Custom built nutrition software
- Registered Dietitians
- Certified Health Educators
- Certified Lifestyle Eating And Performance (LEAP) Therapists
- Board Certified Sports Dietitians
- Certified Diabetic Educators
- Physician Endorsed
- Specialized programs for specific dietary needs



# CUSTOMIZED NUTRITION SERVICES

REAL FUEL. REAL RESULTS.



## TNT WEIGHT LOSS

TNT Weightloss promotes fat loss and lean muscle by combining proper nutrition with an active lifestyle. Loose weight for good and create a new relationship with food.



## TNT MOMS

TNT MOMS is custom designed with moms in mind (prenatal, pregnant, or postnatal) We get mothers back in fighting shape.



## TNT WELLNESS

TNT Wellness improve quality of life through health and wellness. This program addresses health issues such as: diabetes, high cholesterol, high blood pressure GI issues, auto immune, inflammation, Fibromyalgia & more.



## TNT YOUTH

TNT Youth benefits ages 12-18 and helps create confidence and builds self esteem. Our programs are designed to assist in creating healthy eating habits and lifestyles so that unhealthy patterns never start.



## TNT PRO

TNT Pro is perfect for all athletes or those training for special events & sports enthusiast. Optimize performance and implement the program of nutrition to fit any sport.



## TNT FAMILY

TNT Family makes meals more manageable by overcoming the challenges with food allergies, intolerances and picky eaters. Wellness for the entire family.



## TNT CORPORATE

TNT Corporate is for companies that want to implement a comprehensive corporate wellness program. This program promotes substantial savings in health care costs for the company as well as increased worker productivity.



## TNT SILVER

TNT Silver is specifically designed for our 60+ yo clients. We will address all special dietary, health and fitness needs. We strive to add quality to the senior years.

CONTACT US TODAY FOR A COMPLIMENTARY ASSESSMENT — [INFO@TNTGETFIT.COM](mailto:INFO@TNTGETFIT.COM).

# TESTING SERVICES

## **METABOLIC TESTING**

The professionals at TNT can accurately and quickly measure your resting metabolic rate (RMR). Understanding your RMR provides insight into how your body maintains vital body functions and burns calories. RMR is essentially how much energy your body uses while at rest.

## **DNA TESTING**

DNA testing is the future of preventive health. The science and research behind genetic testing related to lifestyle and wellness markers has progressed to the point of understanding the specific genes dictating how the human body processes carbohydrates, fat, protein, micro-nutrients, & more. Results also include how specific genes determine the effectiveness of certain fitness activities.

## **MICRONUTRIENT TESTING**

Micronutrient Testing measures the function of 35 nutritional components including vitamins, antioxidants, minerals and amino acids within our white blood cells. Scientific based evidence shows us that analyzing the white blood cells gives us the most accurate analysis of a body's deficiencies to get to the root cause.

## **MRT TESTING**

Mediator Release Test (MRT) determines the degree of food sensitivities and chemical reactions. MRT testing also addresses health problems through immune-reactions to specific foods. This test includes coaching expertise from a Certified LEAP Therapist.

***We eliminate the guess work!***



# ADDITIONAL SERVICES

**GROUP WORKSHOPS**

**EDUCATIONAL LUNCHEONS**

**HEALTHY COOKING CLASSES**

**IN-HOME FOOD/PANTRY MAKEOVER**

**GROCERY STORE TOURS**

**EXTENSIVE REFERRAL NETWORK**

**MEDICAL NUTRITION THERAPY**

**VIRTUAL WEBINARS**

**CORPORATE WELLNESS PROGRAMS**