



## **Service Foods Extends Health and Wellness Consultations to Clients of The Biggest Loser Resorts**

*Atlanta-based Service Foods' health professionals will be providing personalized consultations to help clients leaving The Biggest Loser Resorts maintain a healthy lifestyle*

ATLANTA, October 6—Service Foods, a leading provider of organic and all-natural foods for home delivery, has announced that it is now providing personalized health assessments, meal plans and wellness advice to clients following their stay at The Biggest Loser Resorts. The resorts, located in Malibu, Calif. and Ivins, Utah, provide some of the most comprehensive, award-winning programs in the weight-loss spa industry and are the exclusive weight-loss destinations to NBC's hit television show "The Biggest Loser."

Service Foods team member and registered dietitian Dana Yarn will perform each health assessment to determine special concerns that can be addressed by the company's fitness expert, nurse or chef. She will also create a menu based on each individual's dietary needs, taking into account both health and caloric requirements. The customized meal plans will be created using Service Foods' wide selection of individually packaged, portion-controlled products that are free from chemicals, preservatives, dyes and colorings.

The assessments and meal plans will be designed to assist clients with weight loss goals, as well as provide those who might be suffering from issues like diabetes and celiac disease with vital tools and education to improve their health. Service Foods is initially extending the consultations to a select group of The Biggest Loser Resorts customers and hopes to work with all the spa clients following the test period.

"Service Food's all-encompassing approach to health, nutrition and exercise is the same philosophy shared by the expert staff at The Biggest Loser Resorts, so our consultations create a win-win situation for both the companies and the clients who are working toward a healthier lifestyle," said Dr. Keith Kantor, CEO of Service Foods. "We're pleased to be working with The Biggest Loser franchise, and we're happy to give the clients of The Biggest Loser Resorts the support and guidance they need to remain healthy and happy once they return home and well into the future."

Beyond the initial health consultations and meal plans offered by Service Foods' team members, each client will receive individualized follow-up sessions every two weeks or on an as-needed basis 24 hours a day, seven days a week. Furthermore, clients will be familiarized with the Service Foods' website and receive additional health advice, exercise tips, recipes and other helpful information via emails, blogs, newsletters and videos.

### **About The Biggest Loser Resorts**

Located in Malibu, Calif. and Ivins, Utah, The Biggest Loser Resorts at Fitness Ridge provide some of the most comprehensive, award-winning programs in the weight-loss spa industry and are the exclusive weight-loss destinations to NBC's hit television show "The Biggest Loser." Designed to give lasting results, guests experience boot-camp style programs that feature incredible hiking, stimulating cardio and stretch classes; delectable, low-calorie spa cuisine and practical education on how to live a "Biggest Loser" lifestyle. For more information, visit [www.biggestloserresort.com](http://www.biggestloserresort.com).

### **About Service Foods**

Service Foods offers a full line of organic and all-natural foods free from growth hormones, preservatives, steroids, antibiotics and colorings. The company provides free delivery directly to customers' homes. In addition, dietitians, nurses, visiting doctors and fitness experts are on staff to counsel clients in leading a healthier lifestyle. Service Foods has been in business since 1981 and is based in Atlanta, Georgia, with warehouses in several states. To learn more about Service Foods, Inc., visit [www.ServiceFoods.com](http://www.ServiceFoods.com).

###