

Business Spotlight for Fast Track Nutrition

Recently, I visited with Jenni Rash, Owner/Operator of Fast Track Nutrition. For those of you who are not familiar with Fast Track Nutrition, it is located next to Subway off of the Hwy 36 service road in Shelbina. The main product that customers purchase at Fast Track is Herbalife shakes (a meal alternative with 40 flavors to choose from), but Jenni also carries all sorts of natural dietary supplements and provides services for individuals who are wishing to improve their overall health. One such service is the Shape Scan which measures your percentage of body fat and how much of it is excess. From there, she can assist you with developing a nutrition plan that is right for you. Jenni set out to offer a convenient healthy alternative to fast food that would meet consumers' dietary needs on a busy daily schedule and has succeeded in doing so according to her many regular customers. Not only is this option healthy, it's budget friendly as well. For only \$5, you will receive an Herbalife shake and a cup of cold or warm tea (peach, raspberry or regular flavor) of your liking.

Jenni, mother Cele Gilbert and Wendy Brumbaugh also offer 4 weight loss classes within the county:

Day of Week	Location	Weigh In	Class
Mondays	Clarence	4:00	4:30
Tuesdays	Shelby Co. Extension	4:30	5:00
Wednesdays	Fast Track Nutrition	4:30	5:00
Thursdays	Shelby Co. Health Department	11:30	12:00

Fast Track Hours of Operation and Contact Information:

Monday – Friday 6:30 a.m. to 2:30 p.m.

573-355-8839

e-mail: fasttracknutrition@gmail.com

Come by today and try one of the many delicious shakes and ask Jenni about her health improvement products and services available.