**Nutrition Services**

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| **Nutritional and Lifestyle Assessment**  Including and not limited to: weight loss, acute and chronic health conditions, sports nutrition.   * In-depth nutrition, lifestyle and gut health questionnaire * 1 Hour online or face-to-face Assessment Consultation * Bespoke Recommendations and Plans * 30 minute review to discuss plans and cover questions | £150 |
| 30 minute Follow Up Call, with recommendations and progressions | £60 |
| 1 Hour Follow Up Call, with recommendations and progressions | £90 |
| **Performance Package**  Including and not limited to: maximise athletic performance, rapid injury or surgery recovery, supplement recommendations allowed within your sport, CEO support.   * In-depth questionnaire and food diary analysis * 1-1.5 hour consultation * Plans and supplement recommendations, including basic blood analysis * 30 minute review * Unlimited access and support throughout the package   8 week starter package  12 week intensive package  Monthly Retainer Fee (following consultation) | £350  £450  £100 |
| Nutritional Testing Packages with Genova Diagnostics, with analysis and guidance | POA |
| Enquiry call | FREE |

**Personal Training**

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| **Biomechanical, Movement and Nutritional Consultation** (including but not limited to: weight loss, surgery or injury recovery, athletic performance, joint pain)   * Medical Grade InBody body composition analysis * Biosignature Spot Reduction Assessment * Full Body Circumferences | £165 |
| 1 Hour/week training | £65 |
| 2 Hours/week training (£57.50/session) | £115 |
| 3 Hours/week training (£55/session) | £165 |