**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 package12 week intensive packageMonthly 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 |