**Nutrition Services**

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| **Nutritional and Lifestyle Assessment**Including but not limited to: *weight loss, muscle loss/growth, arthritis, osteoporosis, menopause, andropause (male menopause), fatty liver disease, diabetes, etc.** 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
 | £190 |
| 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: *as above including* *athletic performance, injury or surgery recovery, Informed Sport recommendations, CEO performance*.* In-depth questionnaire and food diary analysis
* 1-1.5 hour consultation
* Training and nutrition plans as well as supplement recommendations
* Optimum range blood analysis (of previous tests)
* 30 minute follow up review (every 2 weeks with 8 & 12 week packages)
* Unlimited access and support throughout the package

8 week starter package12 week intensive package*Monthly Retainer Fee (following consultation)* | £450£550£150 |
| **Optimum Nutrient Testing Packages** (OAT, amino, omegas, gut, etc) | POA |

**Personal Training**

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| **3hr Biomechanical, Movement and Nutritional Consultation** (including but not limited to: weight loss, surgery/injury recovery, athletic performance, joint pain)* Medical Grade InBody body composition analysis
* Biosignature Bodyfat Spot Reduction Assessment
* Full Body Circumferences
 | £250 |
| 1 Hour/week training (£70/session) | £70 |
| 2 Hours/week training (£67.50/session) | £135 |
| 3 Hours/week training (£60/session) | £180 |
| 4+ Hours/week training (£55/session) | £220+ |