**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 package  12 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+ |