

OUR SERVICES

PERSONALISED NUTRITION WORK - UP

This is our foundational service and is required for every following service. This is where current dietary practices are assessed and all nutrition questions are answered. You will be provided with the key information you need to reach your goals.

\$250

90 min 1-2-1 consultation

Extensive written feedback

Personalized supplementation

GUIDED NUTRITIONAL IMPROVEMENT

This is where you will be provided the tools and skills to make seamless lifelong changes to your eating habits and significantly improve your body/health/performance. You will receive weekly contact to ensure progress is tracked effectively and efficiently with tweaks and updates to your nutrition plan where needed

\$200 monthly

30 minute weekly checkins

Skinfold caliper testing

For 3 mon \$185 (\$555) and 6 mon \$175 (1050)

AFTER CARE APPOINTMENTS

This service is suited to anyone who has undertaken a nutrition service with us in the past and would like additional support to ensure ongoing progress.

\$100

45 minute consultation

TRAINING AND EXERCISE

We offer training advice as standard on a number of services, however if you are interested in a specialized training plan designed specifically for you or help with getting acquainted with the gym, this service is for you.

\$100

