

## Initial Deposit for any plan \$99

(No deposit required for Club Physical Gym Members or Sports Nutrition Plans)

<b>8 week Quick Fix</b> recommended for people requiring :  -Fat Loss <5 kg -Energy Boost -Travel Nutrition -Vegetarian/Vegan Diets	4x Nova Consultations (Fuel, Portion, Drinks, Satisfaction)
	2x follow up consults
	Individualised scenario food plan
	2 week trial at Club Physical Gym
	Exercise planning
	<b>\$35 per week*</b>
<b>12 week Renovator</b> recommended for people requiring :  -Fat loss > 5kg -Increasing Lean Mass -Post Pregnancy -Diabetic Nutrition -Heart Health -Pregnancy	4x Nova Consultations (Fuel, Portion, Drinks, Satisfaction)
	6x follow up consults
	Individualised scenario food plan
	Exercise Plan
	Two week trial Club Physical Gym
	<b>\$30 per week*</b>
<b>6 month Make Over</b> recommended for:  -Fat loss -Weight maintenance	4x Nova Consultations (Fuel, Portion, Drinks, Satisfaction)
	12x follow up consults
	Individualised scenario food plan
	12x follow up consults
	Exercise planning
	<b>\$20 per week*</b>

## Health Assessment and Nutrition Review

Health assessment measures body fat, muscle mass, water mass and gives indication of what you require for your results.

**Pre paid \$59**

## Sports Nutrition

Recreational or professional athletes who take their training seriously will find value in receiving Training Nutrition, Food plan three days before the event, Event day food/fluid plan and Recovery Nutrition. Each Sports Nutrition client requires a Nutrition Review consultation to get started.

**Sports Nutrition Full Plan \$199**

## Follow Up Packages

If you choose a plan that ends quicker than anticipated you can add on follow ups at a casual rate or by concession.

**Casual Rate \$59 (\$49 for Club Physical Members)  
From \$40 per consult by concession\***

**ALL PLANS ARE AVAILABLE AS AN ONLINE SERVICE NATIONWIDE. Mobile service is available in Auckland district (surcharge applies according to suburb). \* Minimum terms and conditions apply**



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