

Nutrition and Lifestyle Coaching

This involves an individual assessment of the following nutrition and lifestyle factors:

- What they eat and when they eat it
- Stress profile
- Sleep
- Digestion
- Fungus and parasite profile
- Metabolic type

Applied information and specific goal setting are then used to help each individual develop systems (or habits) for their nutrition and lifestyle changes. This will aid the individual in achieving

- An optimal weight
- Improved energy levels
- Greater physical, mental and emotional performance
- A better quality of life

To book for 50% off your nutrition and lifestyle assessment call Robert Collier now

027-223-5039