

MY NUTRITION WELL

Successful sports performance and physique is significantly affected by what you consume and when. We are bombarded with claims that certain foods and drinks optimise performance, build muscle and help you lose weight.

The market is saturated with different types of sports drinks and bars, which without a thorough understanding, can be confusing and expensive.

My training is based on scientific research; finding out which of these claims are real by studying the original trials.

- Who paid for the research?
- Was it the manufacturer who had an interest in obtaining a certain result?
- Who were the subjects in the trials
- Were there sufficient subjects?
- Did they control for sufficient variables? How much of the substance would you need to consume in order to achieve the result and how much would this cost you?
- Would it have any other unwanted side effects?

I use a "functional medicine approach", investigating and treating the causes of physical problems rather than simply suppressing the symptoms.

I work with you to create a tailor-made program, which will help you make practical, affordable and enjoyable changes to your diet to optimise performance, physique and well-being. I offer 3 packages to help you achieve your goals:

Service	Bronze	Silver	Gold	Benefit
A flexible dietary program (including recipe suggestions) based on your personal goals e.g. build muscle, weight loss, improve PB.	✓	✓	✓	Saves you time and the flexible ideas allow you to pick a meal to suit that day's schedule making it more likely you'll follow the plan.
Menus including specific times for eating specific food types before, during and after training.	✓	✓	✓	Helps your body to achieve your goal, increasing understanding of what and when to eat for optimal training.
Recipes for making your own sports drinks and bars.	✓	✓	✓	Saves money, as shop bought versions can be very expensive.
Based on your food diary and questionnaire.		✓	✓	Develops a broader understanding of what you eat.
Suitable food swaps based on what you eat now.		✓	✓	Ensures you will enjoy the plan without feeling you have had to change too much.
What to eat when you are out and about e.g. at work, while travelling.		✓	✓	Takes YOUR personal situation into account so makes the plan easier to follow.
What to choose in your favourite restaurants.		✓	✓	You don't have to avoid social situations – there is always something that you can eat.
Recipes for meals and snacks, based on cooking time available, ability and facilities.		✓	✓	Tailored to your lifestyle so you can plan ahead and stick to the program.
Program is based on how you eat e.g. are you a 'grazer' or do you prefer larger meals less frequently?		✓	✓	Plans that suit your preferred way of eating means you're more likely to follow it.
As well as the food diary and dietary questionnaire you will complete a comprehensive health and environmental questionnaire.			✓	This looks at other aspects of your life and body which may be affecting you and so aims to improve your general well-being rather than only focusing on training goals.
An initial face-to-face or video consultation to go through the questionnaire and discuss your symptoms and goals in detail.			✓	Understanding symptoms in more detail can help get to the root of underlying health problems – this can have huge benefits.
Evaluation of physical issues which may be directly impairing performance e.g. cramps, pain, strains etc. and those that may be affecting training programmes e.g. stomach problems, tiredness, frequent colds etc.			✓	Getting the most out of training depends on the health of your body as a whole – if you are tired, stressed or feeling run down this will impair your training.
Possible recommendation of physical tests which can tell us more about what is going on in your body e.g. gut function, thyroid, blood count, cortisol.			✓	These can confirm or rule out possible health concerns e.g. is it difficult to lose weight due to your metabolism being sluggish? A thyroid test will confirm if this is the case.
Investigation of biochemical functions related to nutrition such as energy production. We will remove compounds that could be putting an extra strain on your system and replace these with those that may enhance your general well-being and performance.			✓	Overall well-being, health and improved performance and physique.
Two follow up consultations to review test results and make any necessary amends to improve your plan.			✓	Anything not working for you can be reviewed and changed to enable you to more easily stick to your program.
A maintenance program for you to follow long term.			✓	Puts you back in charge of your overall health – this will now be a way of life so you can continue to reap the rewards of changing your diet.
	£47	£67	£249	