



Nutrition & Exercise Consultations



A convenient service to fit within your busy lifestyle

Do you need to...

- Be kept accountable to achieving your health and fitness goals
- Lose weight or tone up
- Reduce your blood pressure or cholesterol
- Better manage your busy lifestyle
- Boost your sports performance
- Overcome a plateau, &/or
- Get more energy

Our mobile nutrition & exercise consultations will help you to...

- Look and feel better than ever before
- Dramatically improve your health, wellbeing, energy and performance
- Make healthy lifestyle choices easy and enjoyable

You will...

- Be able to claim rebates – our services are eligible for private health fund (and potentially also Medicare) rebates
- Achieve results – our team are highly experienced in achieving results
- Be in safe hands - our team are university qualified, accredited and insured
- Get all the support you need – we do everything to ensure you achieve your goals
- Enjoy your healthier lifestyle – we will help you achieve lifestyle changes that you will actually enjoy maintaining long term

Simply select the program that best suits your needs:

Step one – Your initial consultation:

Initial workplace nutrition / exercise consultation (\$110)

Step two – Individualized plan (optional):

An individualized nutrition or training program specifically designed for your goals and lifestyle (\$220)

Step three – Follow-up consultations (optional):

Your choice of:

- Ultimate Accountability Service - phone consultations and email food diary checks – (\$110 each)
- In person review consultations (\$110)
- Program reviews – e.g. when there's a change in your goals or lifestyle (\$110)
- Food diary checks and email feedback (\$33 each)

To book your consultation, contact us today...

Email: admin@completeperformancesolutions.com
Phone: (07) 3166 8183

