

Nutrition Coach

Do you need some help with meal plans or healthy eating alternatives to assist with your health and wellness goals?

Talk to our nutrition coach Angela Zimmermann today.

Angela has been a qualified personal trainer/fitness instructor for 10 years and started to develop a keen interest in expanding her knowledge on Nutritional health and wellbeing.

It became more apparent to Angela that there was a huge misconception on the importance of the right amount of fuel for your body. Correct nutrition can maximise your success rate, ensuring you achieve your desired goals after training hard in the gym.

Health, wellness, nutrition and exercise are very closely connected.

Angela's services include personal and private nutrition education sessions, where she can guide, educate and offer support to clients wanting a better understanding on what they should or shouldn't be consuming in order to reach their own personal goals. Angela can also help people who are wanting a nutrition education session, alongside a personal training session and body scan.

Packages on offer:

2 x 45 minute private education Sessions	\$116.10
Individualised menu plan	\$116.10
Kickstart Pack (includes the below items)	\$116.10
• Body scan	
• 30 minute personal training session	
• 30 minute nutrition education session	

