

LIST+SCOPE OF SERVICES

Training Session: £85

*Duration of 50 minutes offered in the London area in a private room with equipment. Ideal if you already have a base and require a one-off session to improve on technique. **

Bespoke 1-Month Meal Plan (4 Weeks): £70

A tailored meal plan for you and your goals. This is ideal if you are already exercising and have some knowledge about sports and nutrition. It can be used to complement the training that you already do and help you achieving your goals. It is not recommendable for beginners as it might not lead you to the results that you want. ¹

Bespoke Exercising Program: £120

A custom-made exercising program. It includes a lifestyle analysis to determine energy consumption, an exercise program, and tracking and support online via app or email, with a library of videos and tutorials. This is ideal if you're getting started and are determined to make a change, have some knowledge about nutrition, but don't know where to begin with exercise. ²

Full Works – Exercise & Nutrition: £170

A bespoke exercising program and a meal plan. Nutrition and exercise go hand in hand and they complement each other. A good exercise plan can have very little impact if it doesn't have a good meal plan behind to back it up. It includes all the benefits of the exercising plan plus a meal plan. ³

**Subject to availability. The location and content of the session is agreed a week prior to accommodate for preparation. It is required to attend 10 minutes before the start of the session. Late arrivals might mean that session has to be cut short. Locations outside of London might be available upon enquiry.*

¹The meal plan consists of breakfast, morning and evening snack, lunch, and dinner on a daily basis. There may be one recipe per meal per week, with the exception of lunch and dinner that can have one or two per week, to be agreed. It requires that you prepare a nutrition diary for at least 7 days before the meal plan can be prepared and bodily measurements for macro and kcal preparation.

²The program includes an exercise routine that can be sustained in time for your goals and needs. The duration of the routine may vary from person to person and depends on their effort and how long they take to reach a plateau before a revision is needed. The program costs £130 for the first month and £65 per month thereafter for a minimum duration of 3 months. If a rework or is needed is considered as a new program and it is agreed with you. The exercising program does not include nutrition.

³All conditions listed in ² apply. The program of exercise and nutrition costs £170 per month and £65 per month thereafter. If you require a rework, it is considered as a new program and it is agreed with you.

This list of services is not exhaustive. If you want to enquire about items that are not listed, please email mail@nfit.pro. Please remember that results are not guaranteed, and can be influenced by things like effort or health conditions.