

## Nutrition Services

Bookings can be made directly with our Lifestyle Instructor on 413 6476.

During your session, our expert Lifestyle & Nutrition Instructor will:

- Review personal medical / health history and lifestyle patterns. In select cases blood tests may be advised prior to consultation, for optimal service delivery.
- Determine goals and objectives.
- Examine current food choices / habits
- Formulate and individualize meal plans that match needs and objectives.
- Educate on smart ways to “eat out” and maintain a healthy lifestyle balance.
- Addresses emotional food relationship.
- Answer frequently asked questions and debunk common food myths.
- Provide special AA food dairy to record daily food, snack and beverage consumption.

Follow-up appointments will be decided after the initial consultation. A suitable follow-up plan will be drawn up in accordance with personal goals and targets.

Family consultation sessions are available upon request.

## Nutrition Support

### BEAUTYFULL Support Group:

A special weekly session with our ASPIRE ACTIVE Lifestyle Instructor for **BeautyFull** members. Weekly topics are presented, informing on nutrition related information and positive lifestyle choices. Ask questions and share your experiences regarding food habits and nutrition issues under professional guidance and supervision.

*Note: Terms and Conditions apply to join this group.*