

The Benefits of a Nutrition Coach

A Nutrition Coach:

- Aims to improve your diet & eating habits
- Focuses on food & nutrition as the basis of health
- Is well versed in nutrition science



A Nutrition Coach Offers:

- Individualised strategy to meet your training demands
- Holds you accountable and removes the noise
- Builds consistent habits with smart changes along the way
- Educates on nutrition
- Focuses on long term healthy eating habits

