

PERSONALISED NUTRITION COACHING (12 WEEKS)

Change your habits. Proper nutrition is the key to unlock your body's potential. We are what we eat, and it is important that we eat like we love ourselves!

Key goals of programme

- Improve eating habits to accomplish set goals
- Implementing habits that you can stick with for life to achieve a healthier version of yourself through better nutritional choices
- Create an unique, individualised and customised nutrition program that suits your lifestyle based on your preferences.

What To Expect?

1. Customised nutrition plan

Every individual's needs are different and requires a different approach to nutrition planning that can fit into their lifestyle. SgFitFam's nutritionist will guide you on how to eat well, achieve your fitness goals, without having the need to sacrifice all your favorite food and even social life. We cover

nutrition planning for diabetes, high blood pressure, high cholesterol, weight management, and vegan diet too.

2. Accountability

You will be accountable to the nutritionist for your daily food intake and are required to do a weekly check-in on your progression, to ensure you stay on track. Our nutritionist will send an updated weekly program for you to follow, which will be adjusted to your pace and progress.

3. Get healthy and delicious recipes that are easy to prepare

We know that cooking our own meals can get quite troublesome and time-consuming. Learn cooking hacks that does not take too long to prepare and tastes good too!

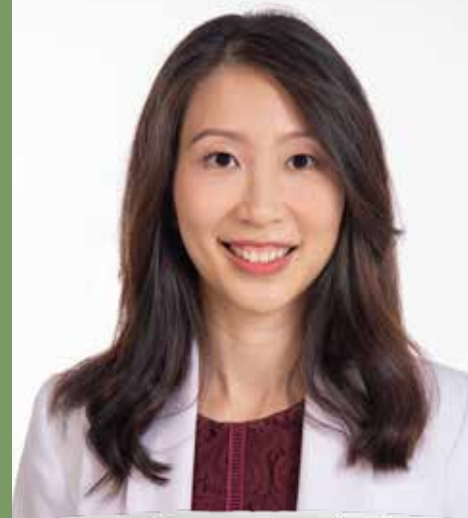
Personalised Nutrition Coaching Package

- 12 Weeks of online nutrition coaching @ \$1,152.00
- 3 Body composition measurements
- 3 (30) minutes virtual nutrition consult/review

All prices are in Singapore dollars and subjected to government prevailing tax.

LIMITED SPOTS AVAILABLE!

Email stella.ng@lagunanational.com to register.



LAGUNA
LIFESTYLE