



INTRODUCING HAYLEY

Warren Active's New Personal Trainer and Nutrition Coach

Over the last 4 years, I have coached 100s of clients on how to **improve their relationship with food, and to educate them on nutrition** to help them feel more confident from the inside out.

For more information on Nutrition Coaching contact Hayley on **07875 247722** or email hello@workoutwithhayley.com

NUTRITION COACHING

▶▶ Initial Online Nutrition Consultation

FREE service, assisting members in finding their feet with nutrition.

▶▶ Monthly Nutrition Clinic held at Warren Active

A place for members to come and have their nutritional queries answered - FREE.

▶▶ In-depth Online Consultation

For those members who are looking for a one-off service and to manage themselves - £60.

▶▶ Online / In-Person Monthly Nutrition Coaching

For those members who want to level up their nutrition alongside their exercise classes or Personal Training - £140 p/m.

▶▶ 12 Week Group Coaching Nutrition Programme

A more affordable and group friendly nutrition programme - open to Warren Active Members ONLY - £140 for 12 weeks.



THE WARREN ESTATE

www.thewarrenestate.co.uk