



LISA ALLAN  
Personal Trainer

# Nutritional programs

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I'm glad you are ready to change your lifestyle. A lot of you may have already been on weight loss programs and found that after you stop those particular programs you go back to your original weight. The reason you fail is because you are either put on a diet which is too low on calories or doesn't include a good exercise program to go with your diet. One of the reasons for the low calorie diet, restricting food intake to 2-3 meals a day, you would think more body fat will be used as energy to make up the daily calories needed by your body. This is not the case. It is more effective to have 6 small meals a day rather than 3 larger meals. Remember in order to raise your metabolic rate which helps burn body fat faster, you must eat smaller meals, more frequently.

Lisa Allan personal training specializes in designing training programs that are tailored to suit your individual needs.

Your nutritional program is based upon your particular daily routine, therefore, if your exercise schedule varies, you will receive separate nutritional programs to accommodate the variations in your schedule.

All nutritional programs are tailored to suit individual needs. Lisa Allan personal training can conduct an initial assessment which includes:

- weight check
- girth measurements
- fitness test
- blood type group (eat right for your blood type)

Based on your percentage of lean muscle tissue optimum calorie consumption will be determined, after which we will discuss how many times per week you are able to commit yourself to a program of exercise.

If you were to exercise 4 times per week (perhaps personal training Plus home training or gym) Lisa Allan personal training will determine at exactly which times during your day you should be consuming food.

Your nutritional program is based upon your particular daily routine, therefore if your exercise schedules vary, you will receive separate nutritional programs to accommodate the variations in your schedule. This level of customization maximizes your body's ability to burn body fat.

**Tailored nutritional program (with initial assessment) \$80.00**

**Tailored nutritional program (without initial assessment) \$60.00**

**Tailored nutritional program (with initial assessment + personalized home program) \$150.00**

**Ultimate pantry make over (please contact for more information)**