

Lifestyle Consultant

Appointment Selection



1 hour consultations

\$197.00

Each session is designed to give you practical and personalised strategies that fit your life.

Meal Planning and Nutrition

Real food strategies made simple

- Review your current eating habits and build balanced, satisfying meals
- Receive personalised meal and snack ideas tailored to your goals and lifestyle
- Get practical guidance for shopping, meal preparation and eating well - no calorie counting required

Behavioural Eating

Understand your habits and build a healthier relationship with food

- Identify triggers and patterns behind emotional or mindless eating
- Learn mindful eating techniques and build awareness and consistency
- Create lasting habits that support energy, confidence and wellbeing

Movement and Exercise

Simple, sustainable ways to move more

- Review your current activity levels and identify barriers to movement
- Receive a personalised, realistic fitness plan designed to build strength and enjoyment
- Learn practical ways to add more movement into your day

30 minute consultations

\$110.00

Designed to help you stay on track, troubleshoot challenges and refine strategies.

Protein Focus

*** Recommended for all patients using weight loss medications ***

Support your strength, energy and wellbeing

- Review your current protein intake
- Tailored meal and snack options to meet your personalised daily protein targets
- Learn practical ways to protect muscle and support weight loss
- May also be referred to as a Medication Pre-Initiation (MPI) consultation

Menopause

Support your wellbeing and manage symptoms

- Support for managing symptoms and maintaining energy
- Nutrition strategies for strength, balance and weight management
- Movement ideas for functional fitness, flexibility and overall wellbeing

Fussy Eaters / Family Focus

Practical strategies for healthy eating at home

- Strategies for picky eating in children or adults
- Tips for family-friendly meals, snacks and routines
- Practical solutions for meal preparation and healthy choices

Teenagers and Young Adults

Guidance to support healthy growth, energy and confidence

- Boost energy and growth with simple choices
- Guidance on snack and meal options for home, school, sports or socialising
- Strategies for independence and building lifelong habits

Functional Assessment

Understand your muscle strength and function

- Body composition analysis
- Grip strength test *(upper body muscle function)*
- Sit-to-stand assessment *(lower-body muscle function)*

Simple Movement

Practical ways to move more and stay strong

- Review current activity levels and barriers
- Learn simple exercises to strengthen muscles, improve balance and energy
- Practical strategies to fit movement into your day

General Review

Check progress, stay on track and refine your plan

- Check progress on previous goals and strategies
- Identify challenges and successes
- Adjust routines to better fit your lifestyle

15 minute consultations

\$75.00

Body composition analysis and explanation of results

Track your progress and measure real results

- InBody scan to assess lean mass, fat mass and body water distribution
- Brief review of your nutrition, hydration and movement patterns

Ideal for:

- Tracking changes between consultations
- Looking beyond the numbers on the scales
- Patients who prefer concise, results-focused check-ins

**A valuable addition, which can be booked in conjunction with any of our
above lifestyle consultations**