

NEW
SERVICE!

KICKSTARTER

HEALTH & NUTRITION COACHING

"When it comes to being healthy, most of us have the best intentions.... but sometimes we need a helping hand and a few pointers to get us on the right path."

Ally, Dragon Fitness Head Coach

Whether you have an existing health condition or niggle, you'd like to lose weight, get fitter or just generally have more energy, a health and nutrition consultation could help you look after your health and create great habits for a lifetime.

This could be for you if:

- you'd like to lose weight
- you generally FLC (feel like crap) most days
- you have niggling health issues
- you have chronic health conditions
- you want to optimise your health

How does the kickstarter work?

- You receive a food diary to complete for 5 days
- You complete a health questionnaire
- Return both for analysis and review
- You will then receive a comprehensive, real life, practical solution plan and steps to improve your health, diet and lifestyle, including tools and referrals as needed
- Optional follow up consultations available

Cost

HK\$500 for initial kickstarter. If you would then like an actual consultation in person or via Skype, you can add an extra payment of HK\$500, within one month. Also includes weekly support for the following month.



"Ally is a Personal Trainer, nutrition coach and life counsellor all wrapped up in one. She brings a wealth of knowledge about nutrition, exercise but more importantly Ally lives in the real world and appreciates that for any sustainable success to work , I needed to change a few key habits. She assessed not only my diet but my lifestyle and worked out an approach which would get results and then supported at each stage."



Your coach Ally van de Pol is a NASM-CPT Personal Trainer, AFPA Certified Holistic Nutritionist & AAHF Senior Exercise Specialist, plus First Aid and CPR qualified. Ally will certify as a Naturopath in 2022 and a Healing Diets Practitioner in 2020.

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