



Exercise Nutrition – achieving peak sport performance

We can advise on:

- Healthy training diets
- Competition nutrition
- Recovery nutrition
- Supplement use
- Maximising lean muscle

Our Exercise Nutrition Clinic is available on Wednesday afternoons. It offers the following services by postgraduate students, under the direct supervision of a Registered Dietitian:

- Dietary assessment, advice and counselling
- Optimising nutrition for peak performance
- Body composition

An initial one-hour assessment is reasonably priced at only \$50; if needed, follow-up consultations of 30 minutes each are available at \$20 each.

A package, consisting of an initial assessment and three follow-up appointments, is also available at \$95 – a saving of \$15. (All prices include GST.)

To enquire or make an appointment with the

Nutrition and Dietetic Clinic

phone our customer service team today on **923 9909**

Nutrition and Dietetic Clinic

Tāmaki Innovation Campus, Gate 1, Building 730

School of Population Health, Ground Floor, 261 Morrin Road

Free and easy parking available right outside the clinic.

