

## Online Fitness & Nutrition

Sometimes all you want is a program to guide you to your goals or the ability to get some advice along the way.

As a company you can offer some or all of your staff bi-monthly or yearly online membership so that all their health needs can be addressed individually.

Elite is in a position to give you the very best fitness advice. All emails will be answered personally within 24 hours and naturally any information you supply is held in the strictest confidence.

Our present online health package includes

- Initial health & fitness screening/assessment
- Own profile (for personal training clients)
- 2 monthly personal training &/or nutrition program
- Advice and feedback
- Health & Fitness information

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