AstonRX

Professional-use software.

Created by Donna Aston, this professional-use software enables personal trainers, naturopaths, doctors and all health professionals to precisely determine a clients/patients current body composition analysis, goal structure, time frames, progress graphs, Basal Metabolic Rate, Daily Energy Requirements, customised Menu Guide and much more.

Aston Rx is the essential resource for any health, fitness or wellness facility needing to project a strong, professional image. This state-of-the-art software system will help you communicate a unique and powerful message to your clients/patients about the quality and integrity of your services.

“I have searched for many years for a comprehensive software program to help systemise and collate client data and provide customised, user-friendly feedback for my clientele. When I found there was nothing on the market, I created and built my own! My staff and I would be lost without this program today. We use Aston Rx with each and every client at Aston Fitness. It’s an invaluable tool for our trainers in creating appropriate programs and in assisting our clients with motivation and accurate feedback”. Donna Aston

Aston Rx software is now available to all health professionals. For expressions of interest and/or further information, please email us at astonrx@DonnaAston.com