

## About Stephanie Cogbill ANutr

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### My Mission

My mission is to educate and empower individuals of all strengths and abilities to lead a healthy and fulfilling life.

I have always had a keen interest in health and fitness. And it was this interest that led to undertaking a degree in Human Nutrition with a first class bachelors degree and progressing to qualifying as a personal trainer.

On completing my studies in 2015, I began my dream of starting my own nutrition company. Thus began LiveNutritious – with the aim to serve the needs of the public as well as working freelance alongside multinational companies to deliver clinically based research papers. Alongside this, I work within a top Public Health Company, Solutions4Health to help both adults and children learn how to become a healthy weight.

This two step approach to my business has meant that I get to enjoy the face to face connection and rapport with my clients whilst continuing to learn and engage in interesting and far-reaching studies alongside other nutritional professionals.

In the performance world, I am working with individuals ranging from Power lifting strength athletes, long distance endurance competitors and competitive team sports based athletes in a variety of sports has allowed me to again develop my knowledge of what is needed for each of these different disciplines.

Currently in the process of completing my latest challenge – qualifying as a GP exercise referral Personal Trainer– I have a thirst for knowledge that has yet to be fulfilled.

*Steph Cogbill.*

# My Services

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**Everyone is unique.** Your goals, your lifestyle, your weight and your health challenges are independent to you as an individual and that is why LiveNutritious has created a variety of packages. These packages vary in discipline and support so that you can really make sure you are choosing a plan that is right for you.

## **Initial Consultation: Free**

Telephone call lasting 20 minutes. It is important for you to see whether or not I am the right trainer for you too!

Your plan doesn't exist until we've spoken and I get to know your life, your job, how many kids you have, what time you wake up, what time you go to sleep and what your social life is like...

## Nutrition

**Bronze; 4 weeks** £120 (Reading area) [10% off for telephone support in other areas]

**1 initial consultation** – Where we go over your current diet and activity levels and set goals going forward

**1 follow up consultation** – Where we will check your progress

**2x20 minute skype or phone calls** – So that we can chat between meets and I can elaborate on any info

**Silver; 8 weeks** £180 (Reading area) [10% off for telephone support in other areas]

**1 initial consultation** – To assess current diet and activity levels and set goals

**2 follow ups** (mid programme and at the end of your programme) - To track your progress and set goals

**4x 20 minute skype or phone calls** – Allowing us to chat between consultations

**Gold; 12 weeks** £240 (Reading area) [10% off for telephone support in other areas]

**1 initial consultation** – To assess current diet and activity levels and set goals

**3 follow ups (2 during the programme and one at the end)** – To check progress and set further goals

**6x 20 minute skype or phone calls** – Allowing us to chat between consultations

## Personal Training Sessions

All sessions are held outside of the gym unless requested otherwise (in Reading area).

**One-to-one Personal Training** (Home or Park); £35

Avoid the gym fee's, travel and save some time! Currently running in Reading (and surrounding towns)

**Group Personal Training Sessions;** £50

Grab a workout buddy whether it be your partner, friend or family member. Save some money and train together making your workouts fun and keeping each other accountable!

**Online Coaching;** 12 Weeks for £300

Online coaching is a relatively new concept which has proved very successful for those whose budget or location doesn't allow for Personal Training with me. It will also allow you to train in your preferred gym or location within your own time.

- Personalised training plan, individualised to suit your own situation e.g. Home workout/Gym Workout/Mixture
- Training support through videos, text and email
- Nutrition assessment and improvements to current diet including special dietary requirements advice
- Regular adjustments to encourage progression
- All this for just **£20 a week**

*If you would like to get in touch with me, please complete the forms below and email them back to me*

# Personal Details

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## Client's Details

Name

Address

Telephone

Date of Birth

Occupation

Working hours

Injuries/Illness

Weight

Height

How many people do you share meals with?

Please describe any food intolerances and/or allergies/ restrictions that you may have

Which are your favourite foods?

Which foods do you dislike or make you unwell?

How long do you usually have for eating?

How does your diet differ between weekdays and weekends?

How motivated are you to change your diet and lifestyle?

Low motivation    1    2    3    4    5    6    7    8    9    10    High motivation

If you are comfortable to do so, please note your current bodily measurements, leave blank otherwise

Arm (inches)

Chest (inches)

Waist (inches)

Leg (inches)

# Food Diary

Please include all food and drink items consumed in the space of three days giving as much details as possible

Day 1: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Time	Food consumed	Quantity	Feeling
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Day 2: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Time	Food consumed	Quantity	Feeling
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Day 3: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Time	Food consumed	Quantity	Feeling
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	Time	Exercise Type	Duration	Intensity
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

# Goal Setting

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Please complete the below as honestly as possible

My current and past feelings about my overall health and wellness are...

My current and past feelings about my body confidence are...

The most confident I felt about my health and appearance was...

The least confident I have felt about my health and appearance was...

My relationship with food is...

The aspects I struggle with most about eating health, exercising regularly and sleeping plenty are...

Now is the time to commit and improve my health because...

Remember to keep your goals relevant and realistic to health, fitness and wellness but do include any social, relationship, hobby, educational or work aspects that may interlink. Write as many goals as you like but prioritize them.

Short term goal: In three months I would like to...

Medium term goal: In one year I would like to...

Long term goal: In three years I would like to...

## Disclaimer of Liability

Steph Cogbill at Live Nutritious is not a physician or psychologist, and the scope of her consultation services does not include treatment or diagnosis of specific illnesses or disorders. If you, the client, suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay. Only a licensed physician can prescribe drugs. Any mention of drugs in the course of consultation is only for the purpose of providing a complete history of drugs that the client is taking and not for Live Nutritious to judge the appropriateness of the medication. Any change in prescription or dosage is a decision the client makes with his or her physician.

Rather than dealing with treatment of disease, Live Nutritious focuses on wellness and prevention of illness through the use of non-toxic, natural nutritional therapies to achieve optimal health. As a certified associate nutritionist, Steph primarily educates and motivates clients to assume more personal responsibility for their health by adopting a healthy attitude, lifestyle, and diet.

While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and diet, Steph does not promise or guarantee protection from future illness.

By signing below, you acknowledge that you understand that Steph is a health consultant and not a physician, and that you should see a doctor if you think you have a medical condition. Steph will not be held liable for failure to diagnose or treat an illness, nor will she be liable for failure to prevent future illness. Additionally, you agree to give Steph a complete and accurate account of any medical conditions that you may have and any medications that you are taking.

It is LiveNutritious' policy not to release your data to any third party, unless you have given your consent, except where there is a legal requirement to do so, or a case of debt recovery. As discussed with Steph, payments may be made by monthly or weekly standing order with reference to the attached invoice; first payment is expected alongside your food diary with weekly/monthly payments from this date. Unless otherwise discussed with Steph, food plans will not be sent unless payment is received.

Please keep a signed copy of this disclaimer for your personal records and send a signed to Steph at Live Nutritious.

Client's Signature \_\_\_\_\_ Date \_\_\_\_\_