

## Products and Programs

Koru Personal Training offers a variety of online and in-person programs, products and plans to help you meet your health, wellness and fitness goals—most for less than the cost of a monthly gym membership. To enquire about any of the programs below or to request a service not listed, please email [korufitness@outlook.com](mailto:korufitness@outlook.com).

### **Strength and Conditioning Programs - Online**

Want to run faster, bike longer, lift heavier and stay injury-free? Koru Personal Training Strength and Conditioning Programs will help you reach your athletic potential in a safe and effective manner. Improve your strength, flexibility, stability and endurance with a comprehensive four-, six- or 12-week program carefully designed to meet your individual training needs. Programs can be adapted for both training at home and at the gym or track.

**4-week plan** – Includes 20-minute Skype call to discuss your goals, athletic assessment, a detailed 4-week program and email support.  
\$65

**6-week plan** – Includes 20-minute Skype call to discuss your goals, athletic assessment, a detailed 6-week program, mid-point athletic reassessment, and email support.  
\$105

**12-week plan**– Includes 20-minute Skype call to discuss your goals, athletic assessment, detailed 12-week program, mid-point athletic reassessment, and email support.  
\$185

### **Add-on**

1-hour coached training session via Skype - \$45

### **Training Plans for Runners**

Just looking for a training plan to help you complete your best 5K, 10K, half marathon, marathon or 50K trail race? Koru Personal Training Race Plans are available to download and can be customized to your time and distance goals. Plans start at \$10. Please email [korufitness@outlook.ca](mailto:korufitness@outlook.ca) for more details.

### **Nutrition and Meal Plans**

Eat to fuel your activities or just learn to eat healthier with Koru Personal Training Nutrition and Meal Plans. Nutrition and Meal Plans include daily caloric intake goals based on your needs (muscle gain, fat loss, endurance fuel, etc.), customized macronutrient ratios, and 3-, 6-, 10- or 12-week meal plans for both active and rest days, plus easy-to-follow, tasty recipes. Meal

plans can be tailored for food allergies, intolerances and dietary preferences, including vegan and vegetarian diets.

3-week plan - \$65

6-week plan - \$105

10-week plan - \$160

12-week plan - \$180

### **Nutrition or Exercise Program Evaluation**

Want to start eating healthier but don't know where to start? Not seeing results from your current exercise program? Does all the health and fitness information out there such leave you feeling hopeless and confused?

*Saturated fat is bad for you! No wait, it's good! Gluten is evil! Sugar is addictive! You should eat like a caveman and workout til you puke! Spinning makes your thighs big! Running is bad for your heart!*

Let Koru Personal Training do the research for you. Submit your food dairy or exercise program for a comprehensive evaluation to see where improvements can be made.

Nutrition Evaluation - \$45

Exercise Program Evaluation - \$45

### **Online Coaching Packages**

Whether you're looking to lose body fat, increase strength, train for a marathon, eat healthier or just feel better, Koru Personal Training's comprehensive Coaching Packages offer everything you need to stay on track to meet your goals. Coaching Packages include initial measurements and testing (so you can actually SEE progress), customized nutrition and exercise plans carefully designed to help you meet your goals, and one-on-one coaching with a certified strength and conditioning coach to ensure exercises are performed properly. All packages include Skype calls and email support to answer any questions you may have, provide you with tips and advice, and to help keep you accountable.

#### **30 day plan - \$150**

- Initial 20 min Skype call
- Nutrition and body composition assessment
- Four-week nutrition and exercise plan based on your goals
- Email support

**3 month plan - \$360**

- Initial 20 min Skype call
- Nutrition and body composition assessment
- Two 10-week nutrition and exercise plan based on your goals
- Email support

**6 month plan - \$660**

- Initial 20 min Skype call
- Nutrition and body composition assessment
- Four 10-week nutrition and exercise plans based on your goals
- Email support

**Payment**

Payments for online products can be made via PayPal, email money transfer or cheque by mail. Sorry - credit and cash payments are not accepted.

**Cheaper than a gym membership!**

Interested in a long-term commitment to your health and wellness? All pricing for online products over \$110 can be made in monthly payments. Please email [korufitness@outlook.com](mailto:korufitness@outlook.com) to discuss payment options.