**5) Perimenopause & Menopause Packages**

​ If you are happy to train independently but require regular check-ins to help with motivation and to boost progress, remote training is the option for you. My remote training offering is listed below.

**Live Yourself Better Don’t Pause (Remote)**

-Bespoke Perimenopause / Menopause Fitness Plan, updated monthly

-Bespoke Perimenopause / Menopause Nutrition Plan, updated monthly

​-40-minutes per month of phone calls/ zoom calls (this 40-minutes can be broken down into weekly amounts, i.e 10 minutes per week)

​-6-weekly metrics check, in-person or by zoom/ phone​

​£49 per month

If you prefer to exercise with me in person and would like to include fitness and nutrition in your plan (recommended), please see options below.

Live Yourself Better Don’t Pause Silver Membership (In-Person)

-Weekly in-person or online 60-minute session

​-Your Fitness Plan, updated monthly

​-Your Nutrition Plan, updated monthly

​-8-weekly metrics check (in person, by zoom, or by phone).

​£149 per month

​

​

Live Yourself Better Don’t Pause Gold Membership (In-Person)

-Twice a week in-person or online 60-minute session

-Your Fitness Plan, updated monthly, or more frequently as per client preference (no more than weekly)

​-Your Nutrition Plan, updated monthly, or more frequently as per client preference (no more than weekly)

-4-weekly metrics check (in person, by zoom, or by phone)

​£199 per month