**6) Pregnancy & Postnatal Packages**

**Pregnancy 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 Mum-to-Be Membership (Remote)**

-Bespoke Antenatal Fitness Plan, updated monthly

-Bespoke 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​

​£59 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 Mum-to-Be Silver Membership (In-Person)

-Weekly in-person or online 60-minute session

​-Your Fitness Plan, updated monthly

​-Your Nutrition Plan, updated monthly

​-6-weekly metrics check (in person, by zoom, or by phone).

​£149 per month

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Live Yourself Better Mum-to-Be Gold Membership (In-Person)

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

-Your Fitness Plan, updated monthly

​-Your Nutrition Plan, updated monthly

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

​£199 per month

**Postnatal Package**

​ 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 New Mum Membership (Remote)**

Postnatal packages will commence a minimum of 6-weeks postpartum and with medical clearance to exercise.

-Bespoke Postnatal Fitness Plan, updated monthly

-Bespoke Postnatal 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​

​£59 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 New Mum Silver Membership (In-Person)

-Weekly in-person or online 60-minute session

​-Your Fitness Plan, updated monthly

​-Your Nutrition Plan, updated monthly

​-6-weekly metrics check (in person, by zoom, or by phone).

​£149 per month

​

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Live Yourself Better New Mum Gold Membership (In-Person)

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

-Your Fitness Plan, updated monthly

​-Your Nutrition Plan, updated monthly

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

​£199 per month