

Information services and rates



	Coach on demand	Mindset makeover: 8 weken bewust afvallen en meer discipline	Fit in your skin	Online community and courses (start 1-1-2024)	Personal Training programs	One-time nutrition schedule	One-time training schedule
Amount per month	€ 24,99	One-time € 99,99	€ 110	€ 34,99	From € 230	One-time € 25	One-time € 25
Online course		✓	✓	✓			
Access to our community	✓	✓	✓	✓	✓		
Energize360 app	✓	✓	✓	Online courses in dutch including: - How do you create a training schedule? - Building glutes - Mental health and recognizing signals - Menopause and lifestyle - Mental health: Sleep and recovery - Balancing macros - Nutrition and strength training and much more!	✓		
- Nutrition module, pers. nutrition plan, 2000+ recipes	✓	✓	✓		✓		
- Training module, work-outplan, short instruction videos	✓	✓	✓		✓		
- Meditation module	✓	✓	✓		✓		
- Shopping lists and ordering directly from the supermarket	✓	✓	✓		✓		
Chat with your coach via de app	✓	✓	✓		✓		
Coaching, 1x per 2 weeks online			✓				
Personal and flexible nutrition plan	✓	✓	✓		✓	✓	
Personal training weekly 50 min.					✓		
Check-up of your results and frequent advice for good progress			Every 2 weeks		Weekly		
Individual advice on nutritional supplements			✓		✓		
Learn the correct posture during fitness and learn how to use fitness equipment, dumbbells, etc.					✓		
Exercise advice and/or personal training schedule tailor-made for you			✓		✓		✓
Step by step, remove old unhealthy behavioral patterns and learn new habits so that you feel healthier and happier		✓	✓		✓		
Advice and motivation, even when you don't feel like it or if you have difficulty with obstacles		From community	✓		✓		
Often reimbursed by health insurers *			✓		✓		

* Only applies to supplementary insurance and varies per health insurer (guidance by BGN Gewichtconsulent), feel free to ask us for more information.
 After the agreed period, subscriptions are automatically extended for the duration of the originally agreed period.

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We start with the basics, which is you. If you don't feel good about yourself, this not only affects you, but also the people around you.

How can we help you?

If any of the following apply to you, we can absolutely help you.

- ✓ Suffering from fatigue. You feel lethargic and lack energy.
- ✓ You eat unhealthy. You exercise too little and you are overweight or underweight.
- ✓ You don't feel happy and you suffer from stress.
- ✓ You sleep too much or too little.
- ✓ You are often gloomy, depressed and have negative thoughts.
- ✓ You find it difficult to set goals and you are unable to stick to them.

The solution

In the field of nutrition:

- ✓ A personal and flexible nutrition plan.
- ✓ Weekly check-up of your results and frequent advice for good progress.
- ✓ Individual advice on nutritional supplements.
- ✓ During the process, free access to the app with hundreds of recipes, no calorie counting, tips.

In terms of movement:

- ✓ Weekly personal training of 50 minutes.
- ✓ Learn the correct posture during fitness and learn how to use fitness equipment, dumbbells, etc.
- ✓ Exercise advice and/or personal training schedule tailor-made for you.
- ✓ During the process, free access to the app with various workouts, instructions and explanations.

In the field of mindset:

- ✓ Step by step, remove old unhealthy behavioral patterns and learn new habits so that you feel healthier and happier!
- ✓ Advice and motivation, even when you don't feel like it or if you have difficulty with obstacles.
- ✓ Free access to the app with various meditation exercises during the process.

Rates Personal Training

Membership	Period*	Monthly amounts of training sessions (50 min)			Monthly amount
		1x per week	2x per week	3x per week	Other
Fitboost program	2 months	€ 260	€ 470	€ 680	-
StrongStart program	4 months	€ 250	€ 450	€ 650	-
PeakPerformance program	6 months	€ 240	€ 430	€ 620	-
TotalTransformation program	1 year	€ 230	€ 410	€ 590	-
Duo-training 25% discount per person					
Single PT session	50 minutes				€ 65
Trial lesson	45 minutes				€ 30

* After the agreed period, the subscription will be automatically extended for the duration of the originally agreed period.
Amounts for a separate PT session and a trial lesson are one-off.