**2)Fitness Only Plans**

If you would just like fitness in your plan, without nutrition, you have several options below.

**Live Yourself Better Pink Membership (Remote)**

​-Bespoke Fitness Plan, updated monthly

-Online examples of exercises

​-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​

​£39 per month

**PT One (In-Person)**

-Weekly in-person or online 60-minute session

​-Your Fitness Plan, updated monthly

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

​£99 per month

**PT Two (In-Person)**

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

​-Your Fitness Plan, updated monthly

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

​£149 per month