

nutripal[®]

**It is all about a
healthy balanced
lifestyle**

Variety. Convenience. Delivered.



Introduction

nutripal is an innovative nutrition platform designed to aid your P.T's in helping your members achieve their fitness goals.

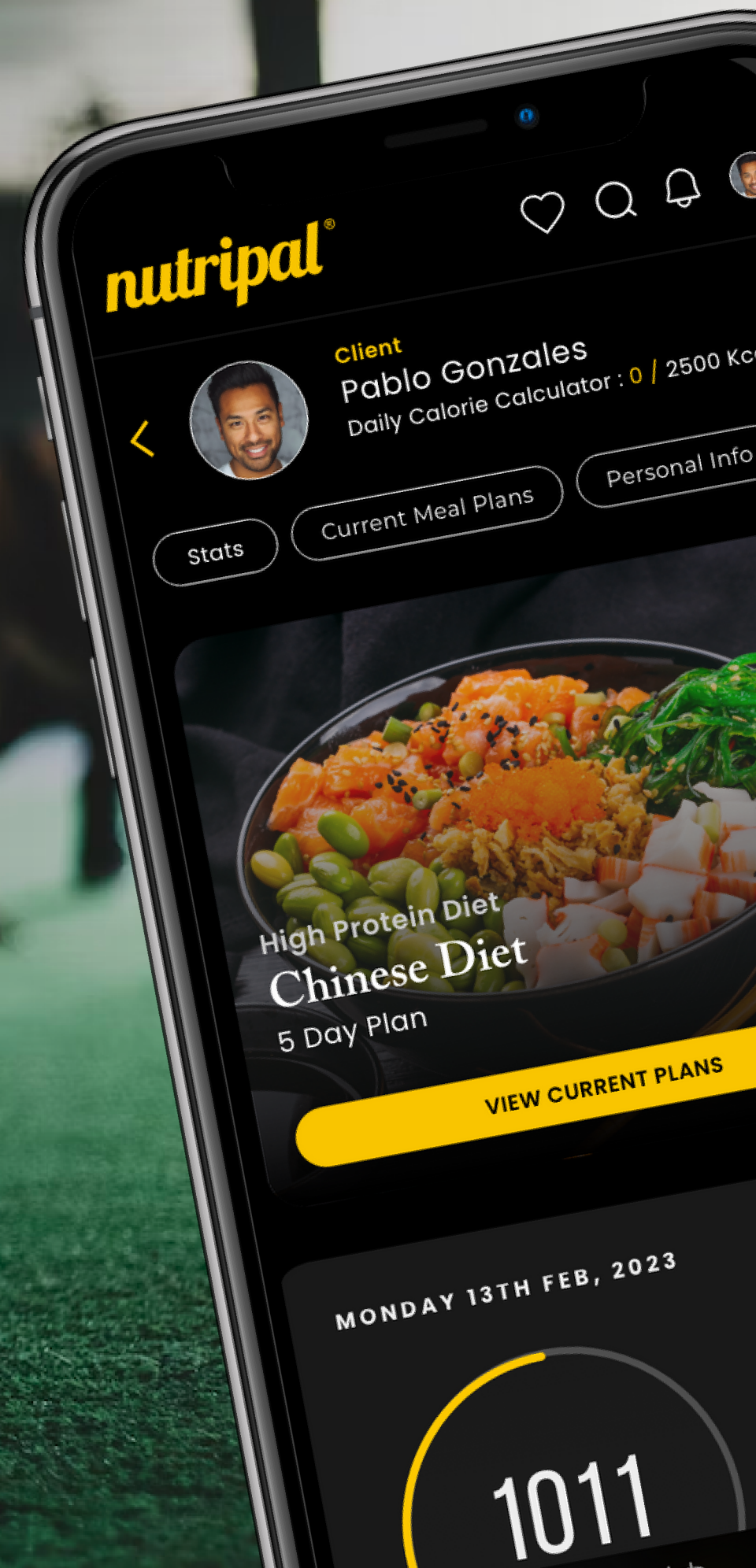
The nutripal platform connects directly with supermarkets, designing nutritious meals and plans specific to your members dietary preferences and delivering the ingredients direct to their door.

Your P.T's can utilise this service to complement the training programmes created, helping your members achieve and maintain their fitness and health goals, offering a complete packaged service.

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Your **P.T's** do a **great job** designing and **implementing** thier clients training programmes.

We are here to support them on the journey, helping your members achieve and maintain their goals.



Problems P.T's face

- Lack of client accountability, motivation, and their unrealistic goals. Achieving long term behavioral change can be very difficult. Many clients think they can outwork a bad diet.
- Staying organised and being able to monitor progress across multiple clients with different goals.
- Losing focus is a pretty common problem when you're running a business on your own. Between juggling management and marketing roles, you're also writing programs and scheduling for clients.
- Time needed to record quantitative and qualitative data/results for their clients.
- Failure to pivot. The inability to adapt during changing times.
- Giving clients quick and on the go access to their personalised nutrition and fitness programmes.
- The disconnect between effort and results. If clients don't see results within one day that can be enough for them to quit.

Introducing...

nutripal®

Variety. Convenience. Delivered.



Solution for your P.T's / Members

- Supports P.T's in providing members with a full nutrition programme.
- P.T's provide your members with the right nutritional tools and guidance on the road to achieving their goals.
- P.T's can recommend increasing or decreasing certain food types based on members feedback
- P.T's create longer lasting relationships with their clients. Helping them achieve wellness goals, keeping clients extra motivated.
- nutripal also saves money on ingredients and reduces food wastage.
- P.T's are fully servicing their clients to help them achieve their goals quicker, and more convenient and flexible for their clients to follow their nutrition plan.
- Members more likely to stick to their plans when they start to see the results
- Members more likely to recommend your gym to friends as offer is inclusive of diet and exercise
- Your members will achieve lasting results and improve their healthy eating and exercise knowledge.

PT's provide your **members** with the right **nutritional tools** and guidance on the road **to achieving their goals.**



SLIDE UP

♡ 2

Breakfast

Coconut Porridge with Blueberries

Ingredients

4

Cooks

2 mins

Calories

221

Our Aim

- To **support** your PT's in delivering quality, varied and nutritious meal plans for their clients
- **Aid** PT's in helping clients to achieve lasting results
- Offer nutripal **support** to all PT's in your gym network
- **Enhance** your gyms members dietary experience meaning Metropolitan Iradier can offer the complete health & wellbeing package.



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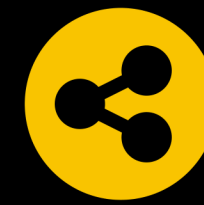
Key features



Intelligent meal planning: Create personalised meal plans based on individual goals, dietary restrictions, and preferences.



Extensive food database: Access a vast library of foods and ingredients with nutritional information.



Customisable recipes: Allow trainers to create and share recipes tailored to their clients' needs.



Meal tracking and reminders: Enable clients to track their meals and receive timely reminders.



Progress monitoring: Track clients' dietary progress and make necessary adjustments.



**The nutripal platform revolutionises
and streamlines the process of creating
personalised meal plans for clients.**

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Join us in **revolutionising**
this industry.

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