

Metabolic Health & Longevity Blueprint

HEALTHY BODY | HEALTHY MIND • GROWTH TAKES TIME

Tiered Investment & Service Architecture
Evidence-Based Lifestyle & Movement Protocols
Personalised Practice Structure

INTEGRATED TIERED PACKAGES (1X/WEEK MOVEMENT BASE) Monthly Investment (Calculated on 4-Week Cycle)

TIER 1 MOVEMENT BASE Personal Training	TIER 2 RECOMPOSITION PT + Nutrition Coaching	TIER 3 ALL 4 PILLARS Comprehensive Longevity Framework
PT RATE: £50.00 / HOUR	PT (£50/H) + 30M NUTRITION (£65/H)	FULL 4 PILLARS OF LONGEVITY
30 min (1x/wk): £100/mo	30m PT + 30m Nutr: £230/mo	30m PT + Full Life: £295/mo
45 min (1x/wk): £150/mo	45m PT + 30m Nutr: £280/mo	45m PT + Full Life: £345/mo
60 min (1x/wk): £200/mo	60m PT + 30m Nutr: £330/mo	60m PT + Full Life: £395/mo
✓ 1-1 Functional Strength, Resistance and Mobility Training ✓ Progressive Overload & Bone Density Protocols ✓ Cardiovascular Base Programming ✓ Non-Exercise Physical Activity (NEPA) Framework ✓ Restorative Joint & Fascial Mobility	✓ All Tier 1 Movement Architecture ✓ Dedicated Weekly 30m Nutrition Session ✓ Protein Anchor, Plant Diversity & Essential Fats ✓ Prebiotic Diversity (30+ Plant Target) ✓ Carbohydrate Timing & 12h Digestive Rest ✓ Predominantly Whole-Food Focus (No Supplements)	✓ All Tier 1 & Tier 2 Protocol Inclusions ✓ Individualised to client's own goals, incorporating the Core Educational & Lifestyle Framework inclusions below ✓ Continuous Weekly Habit Coaching

STANDALONE DIET & LIFESTYLE EDUCATOR SERVICES Individualised Whole-Food & Lifestyle Architecture

SERVICE FORMAT	SESSION STRUCTURE	RATE / INVESTMENT
Diet & Lifestyle Educator - Consultation	Hourly flexible sessions or ongoing support	£65.00 / hr
Comprehensive Diet & Lifestyle Assessment	One-off intensive assessment & written protocol	£120.00 (55 min)

CORE EDUCATIONAL & LIFESTYLE FRAMEWORK INCLUSIONS:

- Circadian-aligned nutrition timing:** Strategic meal scheduling to optimise digestion, metabolic rate, and sleep quality by aligning nutrient intake with the body's natural internal clock.
- Sleep hygiene and routine design:** Customised evening wind-down workflows and morning light-exposure protocols that regulate cortisol and melatonin production for deeper, restorative sleep.
- Autonomic nervous system regulation:** Practical stress-reduction techniques integrated into daily life, such as breathwork, progressive muscle relaxation, and mindfulness, to transition the body from "fight-or-flight" to "rest-and-digest."
- Stress-adapted exercise programming:** Dynamic workout modifications that balance high-intensity training with restorative movement based on your current physical and mental fatigue levels to prevent burnout.
- Lifestyle and environment optimisation:** Actionable environmental adjustments, including managing blue-light exposure, reducing cognitive overload, and balancing work-rest cycles, to build long-term stress resilience.

PILLAR MATRIX & INCLUSIONS Deliverable Breakdown by Tier

PROTOCOL INCLUSIONS	TIER 1 (PT)	TIER 2 (PT+NUTR)	TIER 3 (LONGEVITY)	LIFESTYLE EDUCATOR
Dual-Engine Movement: Functional Strength and Cardio Training	✓	✓	✓	☐
Glycaemic Nourishment: Protein Anchor, Plant Diversity & Essential Fats	☐	✓	✓	✓
Metabolic Timing: Carbohydrate Windows & Digestive Rest	☐	✓	✓	✓
Autonomic Balance: Breathwork & Cortisol Mitigation	☐	☐	✓	✓
Circadian Architecture: Lux Light Anchor & Sleep Optimisation	☐	☐	✓	✓
Accountability: Weekly Habit Coaching & Protocol Review	☐	☐	✓	✓

PROFESSIONAL SCOPE OF PRACTICE & NON-CLINICAL COMPLIANCE: Niki Walker Fitness & Nutrition provides evidence-based exercise prescription, whole-food nutritional education for non-complex health conditions (glycaemic balance, digestive rhythm, body recomposition), stress mitigation, and circadian lifestyle architecture. All nutritional interventions are strictly food-first; no dietary supplements or medical diagnoses/treatments are provided. This document is for educational/informational purposes.