

LEE TURNER WELCOMES HOLISTIC NUTRITIONIST ANDREW JUDSON TO THE TEAM

We are really excited to have Holistic Nutritionist Andrew Judson aboard CONCRETE JUNGLE team to enhance athletic performance/personal goals adhering to all of our clients individual goals.

Our nutrition plans work according to your specific BODY TYPE and NUTRIENT TIMING, which is carefully matched to your individual schedule for training/sport venues, your sleep patterns, your stress levels, and numerous other factors. Our clients follow a 6-Phase Lifestyle Plan, and report back every month with measurements, photos and feedback and then receive an entirely new phase with food rotation.



How it works:

- You fill in an extensive questionnaire that answers a series of individual lifestyle questions, medical history, eating patterns, work/school/exercise schedules, sleep schedule etc., including your top 3 fitness goals photo submission.
- Our holistic nutritionist will then create a custom blueprint plan with your body type in mind and the nutrient timing necessary for you to achieve your specific goals. There is no thinking or calorie counting on your part. We will fuel you up and replenish you ALL day long to optimize maximum performance, recovery and results.
- Your first phase will come with a list of groceries, and a timed schedule for meals and snacks. Each time slot will have different meal options as well so that you can rotate what you're eating on a day to day basis. All the calories are counted for you and foods are selected based on what works best for your body type and your optimal digestive patterns. We may limit certain foods, but don't eliminate them, and include the optimal times for your to have a "cheat meal" or two during the week.
- When each phase/month is up, you resubmit your measurements (will send instructional video) and weight, provide feedback, make any necessary changes to your schedule and ask any questions you may have. Most individuals have a dramatic boost of energy, fat incineration, lean muscle building and natural performance enhancement in this initial phase, since the body responds well to this healthy change, and loves the influx of nutrients that your body type thrives on.
- All of your body's functions begin to work better, since you're ingesting foods that your body type digests and uses well. You'll feel better, have more energy, sleep better and will be able to exercise more efficiently. Each new phase, yields more and more results and your grocery lists and meal plans become more rich with variety.
- At the end of the 6 month period, you'll have learned what works best with your body type and you will have formed new long lasting lifestyle habits to fuel your fitness for life.



If you are ready to commit to this new addition please contact me at leejitsu@gmail.com and I will send you your starter kit to get your Nutrition underway.

6 Months Nutrition = \$399 + HST

Let's get this going and bring the best personal package forward!