

WWW.BOXNUTRITION.CO.UK

Athlete Testing

Perform better. Look better. Feel better.





About Box

Box Nutrition provides tailored diet solutions and metabolic testing to help you become the best you can be, whether you're a competitive athlete or just want to improve your fitness.

Our evidence-based approach to coaching clients avoids FADs and quick fix diets, but follows a proven framework that gets results.

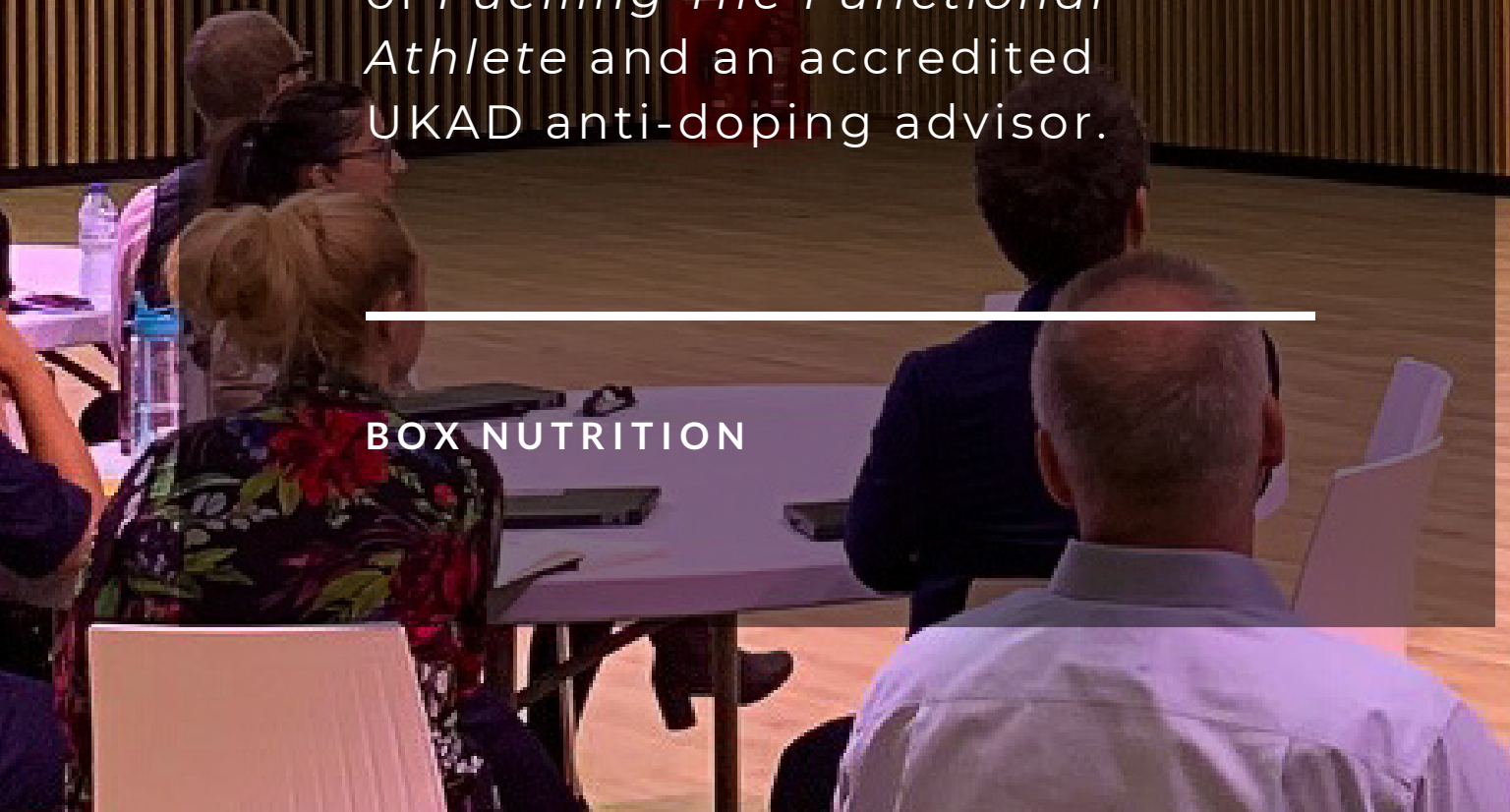
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Who we are

Jack Braniff is the founder of Box Nutrition.

Jack is a registered sports nutritionist (SENr, CISSN), has his Masters degree (MSc) in Sports and Exercise nutrition, is a member of the British Dietetics Association, author of *Fuelling The Functional Athlete* and an accredited UKAD anti-doping advisor.

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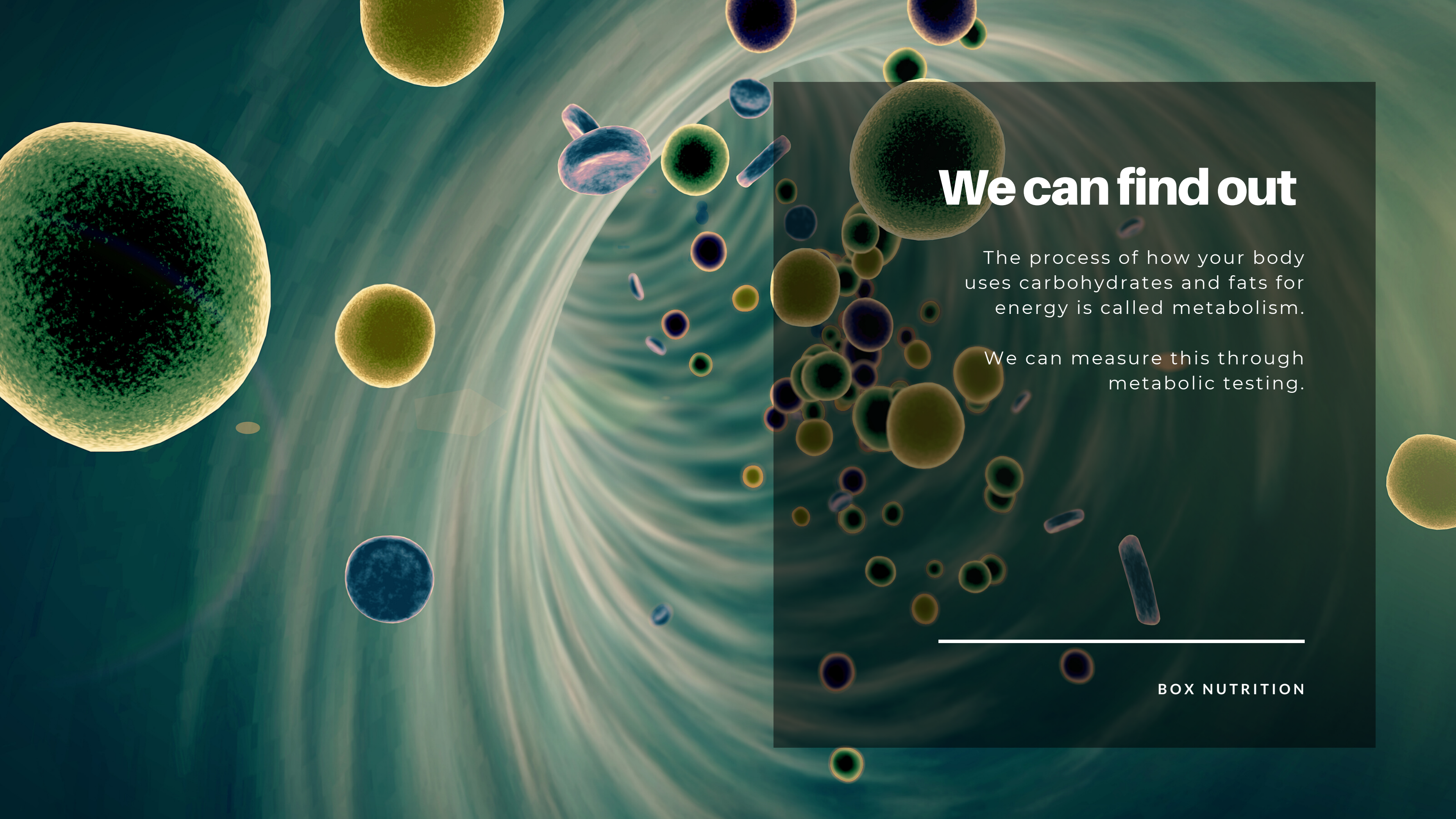


Still not getting results?

- Are you working hard but not getting the results you want?
- Are you looking to get in better shape?
- Are you looking to improve how you perform in your sport?
- Are you confused about what works and what doesn't?

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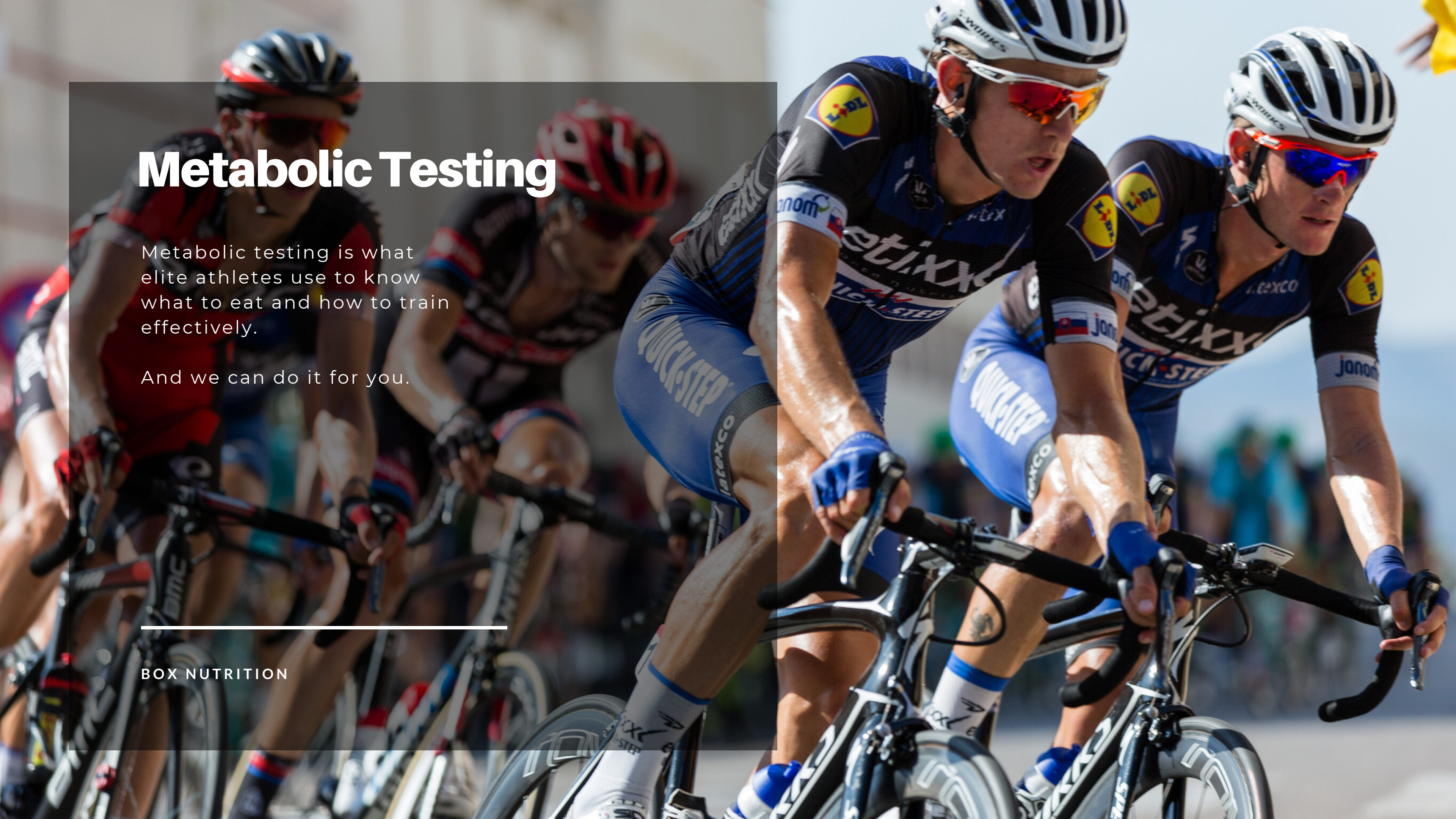


We can find out

The process of how your body uses carbohydrates and fats for energy is called metabolism.

We can measure this through metabolic testing.

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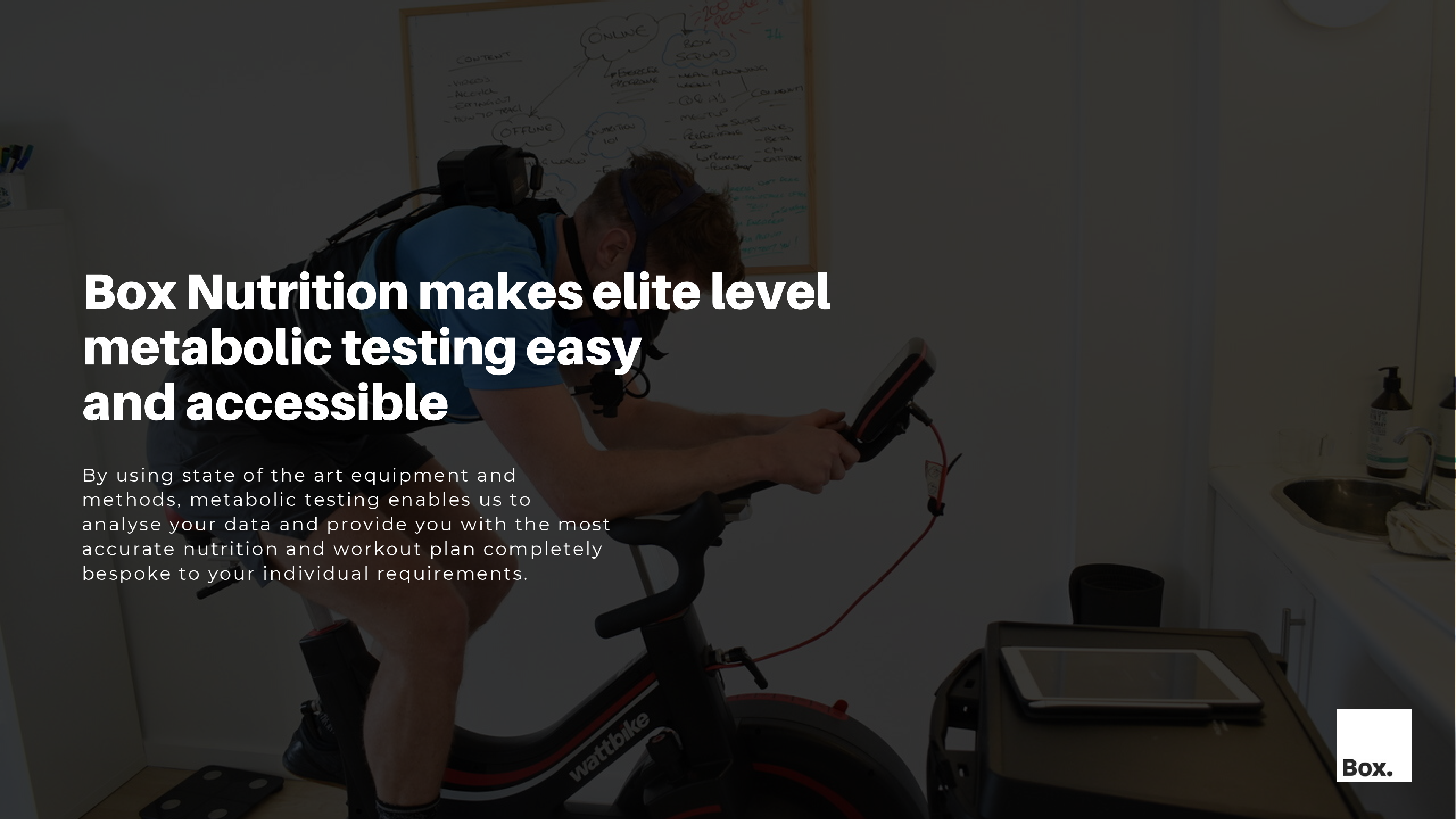
A background image of professional cyclists racing. In the foreground, two cyclists in blue and black 'Quick-Step' jerseys are in a crouched position on their bikes, pedaling vigorously. They are wearing white helmets and colorful sunglasses. In the background, other cyclists in red and black jerseys are visible, slightly out of focus. The scene is set outdoors on a paved road under bright sunlight.

Metabolic Testing

Metabolic testing is what elite athletes use to know what to eat and how to train effectively.

And we can do it for you.

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Box Nutrition makes elite level metabolic testing easy and accessible

By using state of the art equipment and methods, metabolic testing enables us to analyse your data and provide you with the most accurate nutrition and workout plan completely bespoke to your individual requirements.

What we test.



RMR Test

What is it? Using indirect calorimetry we measure how much energy (calories) you burn at rest.

Why is it useful? This information can be used to establish how much you need to eat for your goals and activity. It also enables us to see if you use more carbohydrates or fat for energy.

Who is it for? Anybody who would like to know how many kcals they require for fat loss, muscle gain or to maintain.

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VO2 Max Test

What is it? A VO2 test assesses an athlete's aerobic capacity.

Why is it useful? This information can help determine how aerobically fit you are, pinpoint your aerobic and anaerobic thresholds and can be used to establish personalised heart rate training zones.

Who is it for? In particular athlete's who want to determine their heart rate zones and thresholds (aerobic, anaerobic), or anyone who wants to assess their current aerobic fitness levels and improve their endurance performance.

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Fat Max Test

What is it? The fat max test is an exercise protocol that measures the use of carbohydrate and fat for energy.

Why is it useful? The fat max test can help determine which intensity of exercise is best suited for increased total fat oxidation (burning).

Who is it for? This can be useful for endurance athletes training for long distance events (70.4, ironman and ultra) and individuals interested in body composition.

**Included with VO2 Test*

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Analysis

After your test, we analyse your data and provide you with your full results analysis and nutrition breakdown.

An RMR analysis includes a kcal and macronutrient breakdown of exactly how much and what you should be eating, which will be tailored to your goals, training and schedule.

As part of the VO2 test you will also receive a breakdown of your cardiovascular fitness score, threshold values, training zones, mechanical efficiency, muscle fibre breakdown, fat burning efficiency and breathing efficiency analysis.

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Packages

RMR Test Price £59

- RMR Test
- Analysis report and debrief session

VO2 Test Price £89

- VO2 Max and Fat Max test
- Thresholds (Aerobic and Anaerobic) and personalised training zones provided
- Analysis report and debrief session

**Combined Price
£109**

Athlete Testing

- Consultation and diet history questionnaire
- 7 site caliper body composition analysis
- Blood pressure check
- RMR Test
- VO2 Max and Fat Max tests
- including thresholds (Aerobic and Anaerobic) and personalised training zones
- Analysis report and debrief session
- *Optional blood work (baseline/advanced blood test)

Price £197

For more information visit www.boxnutrition.co.uk/metabolic-testing

Nutrition Coaching Packages

Box.

Standard

- Full macro breakdown
- Implementation call
- Access to member site and private community
- Group coaching calls
- Monthly macro adjustments
- Email support
- 20% off supplements
- 20% off Metabolic Testing
- Optional exercise programming for £30pm

Price £30pm

Pro

- Full macro breakdown
- Implementation call
- +1 x 30mins check in call each month
- Macro adjustments
- Email support and message support
- Access to member site and private community
- Group coaching calls
- 20% off supplements
- 20% off Metabolic Testing
- Optional exercise programming for £30pm

Price £60pm

Elite

- Full macro breakdown
- Implementation call
- +2 x 30mins check in each month
- Macro adjustments
- Email and message support
- 7 Day Meal Plan every month
- Tailored fuelling plan
- Access to member site and private community
- Group coaching calls
- 20% off supplements
- 20% off Metabolic Testing
- Optional exercise programming for £30pm

Price £90pm

See how we can help?

For further information, to arrange an initial consultation, performance assesment or nutrition package, please get in contact.

Contact Us

Box Nutrition

(+44)121 389 8923

info@boxnutrition.co.uk

www.boxnutrition.co.uk



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