



Pricelist of: Personal Performance Training  
SPORTFASTING

**Sportfasting:**

Prepare for the switch fase (1-3 months):	€ 420,-
Make the Switch (7-10 days):	€ 395,-
Keep the switch (This is for the long term training):	€ 55,- on a monthly basis
Metabolic switch Athlete Edition NZVT tested (10 days):	€ 465,-
Metabolic switch and Resveratrol woman (10 days):	€ 420,-

These training sessions include:

- **Prices are in euro's including VAT 21%**
- Coaching by App on your smartphone.
- Test training for an average of 60min.
- Measurement of body weight and composition.
- Carefully selected personal program for your realistic goal.
- If group training is desirable, you can divide the amount by the number of participants.

It is possible to combine sportfasting and personal training. In this way the objective and the weight reduction can be realized and preserved even better.

sportvasten<sup>®</sup> > make the switch