



**our team are here to  
help you feel your best**

CLAIRE TURNBULL, FOUNDER

**AIA Vitality**

Mission **Nutrition**  
Dietitians & Nutritionists





# how we can help

We are a team of qualified and experienced dietitians and nutritionists who have the knowledge and skills to help you get results so you look and feel your best.

There is so much conflicting information out there when it comes to nutrition. We will cut through the confusion and find a solution that is right for you.

Our approach:

- Personalised, realistic nutrition advice that suits your lifestyle
- Evidence-based research
- Holistic - how you sleep, move and think all impact your wellbeing
- Behaviour change focus, rather than template meal plans
- Empowering you to make changes that can last

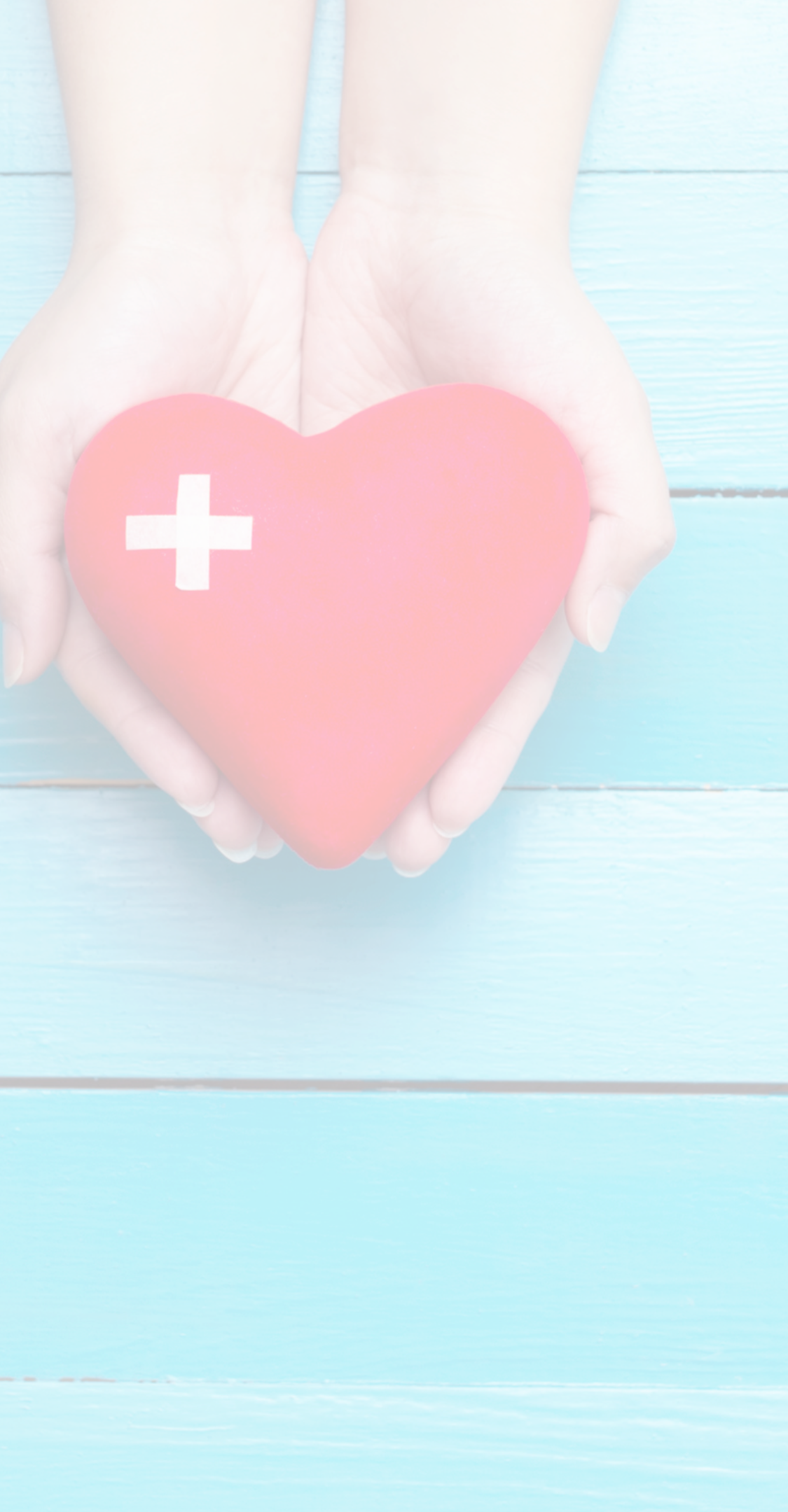


**Dietitians NZ**  
Ngā Pukenga Kai Ora o Aotearoa



**Nutrition Society**  
of New Zealand





# whatever your challenge...

## we can help

- ✓ Gut Health
- ✓ IBS and IBD (Chron's and UC)
- ✓ Coeliac Disease
- ✓ Weight Management
- ✓ Emotional Eating
- ✓ Mindful/Intuitive Eating
- ✓ Disordered Eating
- ✓ Endometriosis and PCOS
- ✓ Women's Health
- ✓ Perimenopause/Menopause
- ✓ Type 1 and Type 2 Diabetes
- ✓ Pre-Diabetes
- ✓ Women's and Men's Fertility
- ✓ Pregnancy/Breastfeeding
- ✓ Sports Nutrition - Recreational + Elite
- ✓ Vegetarian/Plant-Based Diets
- ✓ Heart Health
- ✓ Cholesterol and Blood Pressure
- ✓ Immunity Boosting
- ✓ Fussy/Picky Eating



# initial consultation

## What to expect:

- ✔ Your first session is to help us understand you and your goals. To start with we'll complete a full lifestyle, health, and diet assessment.
- ✔ Together, we then start to develop a personalised action plan to get you started on your path to health. This will give you the confidence to know what you need to focus on to get the results you are looking for.
- ✔ We will answer as many of your questions as possible at this time, however, sometimes there is a lot to cover so follow up sessions may be necessary. You can arrange these directly with the nutritionist or dietitian you are working with.





# follow ups

Your follow up meetings are completely tailored to you. We'll review your progress, discuss tools and strategies to help you reach your goals, and work through any challenges you're facing along the way.

A follow up will help to keep you motivated and on track with what you are wanting to achieve. The number and frequency of these sessions will be based on your needs.

The dietitian or nutritionist you work with will help you work out what is right for you!



A close-up photograph of several slices of kiwi fruit, showing the green flesh, brown skin, and small black seeds. The slices are arranged in a slightly overlapping pattern, filling the left side of the frame.

# how it works & pricing

As an AIA Vitality Client, each year you are entitled to:

- An Initial Appointment
  - 45min video or phone consult for \$45
  - Receive 1200 Vitality points for the initial appointment
  - You can earn an additional 500 bonus points for completing a food diary before your initial appointment
- Follow Up Appointments
  - 2 x 15min or 1 x 30min follow up for free
  - 500 Vitality points for each 15 min appointment, or 1000 for a 30min appointment

If you wish to continue to work with Mission Nutrition you can do this with our standard consultations:

- \$100 for 30min follow up or \$57 for 15min follow up



# Feel good feedback

“ As well as getting a lot of good tips and information, Pip got me motivated about what I need to do and excited about the journey... whereas I've always felt it was daunting, too hard and too big a job. I can't recommend her highly enough.  
100 out of 100.

*Mark, Christchurch*”

“ I wish I had done this years ago so I could have learnt to have a much better relationship with food. I realise I had picked up so much misinformation over the years and the consultation was truly enlightening.

*Harriet, Auckland.*”

“ Anna looked at my health with a holistic view. Although my initial concern was weight loss, we concluded that my weight was a result of other lifestyle factors. It was a collaborative process that felt more like a discussion rather than an expert telling me what to do. She was so realistic and understanding.

*Simon, Hamilton.*”

“ I am most impressed with Hannah and had a huge sense of relief after talking with her. I felt heard, less ashamed, and developed a specific plan for me. I felt connected to her and she made me feel human. I appreciated her ability to relate to people and I certainly never felt judged but understood. Some of this was emotional for me, she was patient and encouraged me.

*Melissa, Christchurch*”

“ Our appointment was fabulous! It was totally the right choice for us and our objectives. Megan was relatable and gave some really great, practical advice....no fussiness or nonsense, she wasn't overwhelming, just motivating and inspiring. I've done a big grocery shop yesterday and I'm hitting some new recipes today and I can't wait!

*Andrea, Wellington*”

“ Stephanie exceeded my expectations and had a wealth of knowledge! She was so easy to talk to and was direct to the pertinent problems. I got a prompt appointment and follow up notes. This was a hugely positive and beneficial experience.

*Jenny, New Plymouth.*”



# faq

## **Will I get a meal plan?**

At Mission Nutrition, our focus is to empower you with the knowledge you need to make the right choices for you - this is how you create long-term change and healthy habits that stick. You'll learn how to eat to your appetite and create a healthier relationship with food, without weighing your food or restrictive diets! After your session, you will receive an action plan that outlines the steps to take to reach your goals and get the results you are looking for!

While a very prescriptive meal plan with can sound like a good idea, research shows that it's not the best way to change the way you eat so this is not something we offer.

## **What happens if I need to cancel or change my appointment?**

We are more than happy to reschedule appointments, as we know that things come up, but we ask that you give us as much notice as possible. We require 48 hours notice for any cancellations or changes to your appointment. As an AIA Vitality member, if you miss your initial appointment, you will not be able to rebook this. For any missed initial or follow-up appointments you will not receive any points.





# faq

## **Can I bring a family member or friend along as a support person?**

Yes, absolutely. It's important to note that the focus of the consult will be on you, rather than the support person.

## **What is the difference between a dietitian and a nutritionist?**

A Registered Dietitian is also a nutritionist. In order to have the title of Registered Dietitian, you must have an undergraduate degree in the field of nutrition or dietetics and have either completed postgraduate study or master's degree with additional training. In addition, a dietitian has an annual practising certificate where they must prove their competence annually by participating in professional development.

The title of Registered Nutritionist can only be used by those who meet the standards determined by The Nutrition Society of New Zealand. Registered Nutritionists must hold a degree or academic qualification from a university or other recognised national institutions of education.



# how to book



[Click here](#) to book an appointment online



If you still have questions or need help

- complete an [online enquiry](#)
- email [clinic@missionnutrition.co.nz](mailto:clinic@missionnutrition.co.nz)
- call us on 09 948 7999