




Nutrition & Private Consultation WITH Donna Aston

Whether your aim is to **lose weight, rediscover your motivation or improve your overall health**, Donna can tailor a consultation and/or program to help you reach your goals. Donna is available by appointment at her private consulting suites within the Como Centre (Melbourne).

A portrait of Donna Aston, a woman with long blonde hair, wearing a bright yellow-green tank top and a necklace with a heart-shaped pendant. She is smiling slightly and looking directly at the camera. The background is a blurred indoor setting.

DONNA ASTON

- + **Consulting Nutritionist**
- + **Health & Fitness expert**
- + **Certified Fitness Professional (ISSA)**
- + **Author of six best-selling health & fitness books**
- + **Emotional Intelligence Practitioner (Genos)**
- + **CIRQ acrobatic master trainer**

Over the past 20 years, Melbourne-born nutritionist, fitness coach and author, Donna Aston, has earned the reputation as an expert in the field of weight loss, health and fitness. Starting out as an overweight teenager, Donna has dramatically transformed her own body and continues to help countless others achieve their personal goals through private consultation, as well as public speaking and numerous publications. Her extensive client-base has included numerous high-profile celebrities, including Sigrid Thornton, Vince Colosimo, Kat Stewart, Peter Alexander, Magda Szubanski, Dave Hughes, Cathy Freeman, Stephen Curry, and American Idol's Simon Cowell.

Donna has worked in Australia, Europe and the USA as a private health and fitness trainer and advisor. Donna is also a Genos Emotional Intelligence (EI) Certified Practitioner, to which she credits her ability to work with clients on their weight loss issues with great success.

For many years now, Donna has received extensive media attention for her work. With her trademark no-nonsense approach to diet and exercise and her loyal and growing readership, Donna is successfully setting new standards for Australian health and fitness.

What is a Nutritionist?

A trained expert who helps you to nourish your body with foods that promote health and wellbeing.

When should you see a Nutritionist?

If you wish to lose weight, or have digestive complaints, food intolerances, skin conditions, high cholesterol, diabetes, fatigue, depression, reproductive issues, you're getting your body ready for a baby, or you'd just like to improve your energy and general wellbeing ... these are some of the reasons why people may see a nutritionist. However, anyone who would like to ensure they are eating the right foods for their specific needs can benefit from a consultation.

What can a Nutritionist do?

All of us have the ability to restore our own health and be responsible for our weight and body shape.

A Nutritionist can...

- Facilitate fat loss and help you to address health issues
- Provide education & knowledge to help maintain optimal health and weight and guide you through various life stages
- Support & motivate you to improve confidence and achieve sustainable results

What can you expect from a consultation with Donna Aston?

Advice and support that is specifically tailored to your needs. Donna can teach you how to use food and nutrition to manage your health and your weight, as well as help to ensure you are eating the right foods for you as an individual. What works for one may not work for another, so Donna will customise your dietary needs to suit your specific requirements.



We can prescribe nutritional supplementation to alleviate deficiencies and provide an extra boost to food treatment plans. We develop a treatment plan focused on your individual needs as well as ongoing support to help you achieve and maintain your personal goals. Combining nutrition, supplementation, food therapy and diagnostic testing to ensure you get the maximum benefit from each consultation.

What would a consultation involve?

A consultation generally involves a discussion about symptoms, goals, body systems and diet. Some treatments may require diagnostic testing and reviewing test results. Your goals are discussed at length and your body composition is measured to facilitate a truly customised and comprehensive eating program.

How many sessions will I need?

Every program is customised to suit the individuals needs, so the number of sessions required will depend on your health issues, your goals and your level of commitment. The desired outcome can only be achieved if you are committed to making changes in your lifestyle. One-off consultations are available upon request.

Can I claim through private health insurance?

Yes, most private health funds will cover nutrition.



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