



Marie Murphy Health & Fitness
Consultant Exercise & Nutrition Specialist
Former Irish Olympian (Marathon)
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Personal Training

Personal training optimises what you want from your fitness. Whether you are training for something specific like a marathon, decreasing body fat, increasing muscle tone or maybe you just prefer the one to one approach then this is for you. I offer half hour and one hour individual sessions from €40.00 to €65.00. Don't want to try it alone then come with a friend and I will tailor your individual programs and deliver fully supervised motivating workouts specifically for you.

Murphy METs Programme

The 'Murphy METs Programme' is suitable for men and women of all levels of fitness. Typically classes run for a period of 8 weeks and incorporate using free weights. There are 10 specific exercises for both the upper and lower body using different intensity levels. Exercise are performed in a dynamic range of motion, which aids improved nerve function and reaction times, increases synovial fluid in the joints and gradually increases your heart rate thus improving general fitness. The use of free weights helps prevent osteoporosis which can affect both men and women. The 'Murphy Mets Programme' emphasis; core muscles, chest, shoulder, upper/lower back, and lower limb for improved balance and strength.

Course fee (8 weeks) €95.00

Nutritional Analysis

Should you wish to have your nutrition analysed you will need to complete a nutritional status questionnaire. Results will show how healthy your nutrition is, are you eating adequate intakes of specific food groups (macronutrients and micronutrients), do you need to increase or decrease daily caloric intake, how many grams per km carbohydrates, proteins and fats are needed for optimal health and performance, are you at risk of high cholesterol, obesity, diabetes, osteoporosis etc?

Nutritional Analysis fee €75.00

Note: Marathon, half marathon, 5km and 10km personalized training programs are also available. Email Marie at marie@mariemurphyhealthfitness.com or call 085 1965468 to discuss any of the above.