



Marie Murphy Health & Fitness
Consultant Exercise & Nutrition Specialist
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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. Don't want to try it alone then come with a friend and I will tailor your individual programmes and deliver fully supervised motivating workouts specifically for you.

Sessions from €65.00.

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 6 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, shoulders, upper/lower back, and lower limbs for improved balance and strength.

Course fee (6 weeks) €75.00 (Corporate rates available).

Nutritional Analysis

Should you wish to have your nutrition analysed you will need to complete the 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 kg of 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 (Group rates available).

Athletic Programmes

For those who are looking to run their first marathon or improve their personal best time Marie provides 5-6 months training programmes along with 5km, 10km and half marathon distances. Athletes need to complete a 2.4km fitness test prior to starting a running programme.

Training programme fee €75.00.

Book a Talk/Workshop

Marie provides exercise and nutrition services to schools, corporate, sports teams and community groups. Email Marie at marie@mariemurphyhealthfitness.com or call 085 1965468 to discuss any of the above.