

Zoe Cooper

CLINICAL NUTRITIONIST (BHSC)
REGISTERED WITH ANTA

Zoe is a Clinical Nutritionist who specialises in performance nutrition, blending evidence-based nutrition with practical lifestyle strategies to support long-term health and athletic performance.

Her philosophy is simple: food first, but not food only, recognising the essential role of supplements, sleep, mental wellbeing, and sustainable routines.



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Who I Am

Zoe holds a **Bachelor of Nutritional & Dietetic Medicine** and additional qualifications in **Sports Nutrition and Fitness**.

With her background as an athlete, she brings a grounded, relatable approach to nutrition that empowers her clients to understand their bodies and build confident habits.

Experience

Zoe has worked with athletes, parents, and sporting organisations across WA, delivering practical, evidence-based education tailored to their needs.

Key Experience

- Perth Football Club — group presentation + 1:1 athlete consults
- Veterans' Health Week — keynote workshop
- Mayne Academy — youth athlete + parent nutrition education
- Hundreds of 1:1 client consultations

She specialises in making complex nutrition simple and achievable for athletes, parents, and teams.



How My Work Helps

For Athletes

- Improve energy + performance
- Enhance recovery
- Reduce injury risk
- Build long-term fuelling habits

For Parents

- Clear guidance in a confusing landscape
- Confidence around fuelling young athletes
- Practical tools to support performance and general wellbeing

For Clubs

- Additional support for athletes progressing through developmental pathways
- Practical performance-specific nutrition education
- Enhances recovery, training adaptation, and long-term athlete well-being.
- It provides an additional layer of holistic athlete within the club.
- Helps prepare athletes for the increasing demands of WAFL and AFL talent pathways.



ZOE BRIDGES THE GAP BETWEEN SCIENCE AND EVERYDAY LIFE, HELPING ATHLETES BUILD ROUTINES THAT SUPPORT GROWTH, HEALTH, AND PERFORMANCE.

Services Overview

4-6 WEEK NUTRITION FOR ATHLETES SERIES (30- 60 MINUTES)

Designed to dive deep into nutrition knowledge, supplements, and wellbeing. Weekly topic-specific sessions tailored to performance nutrition.

From **\$600** (or \$15pp, min 10p).

ATHLETE EDUCATION SESSION (30 – 90 MINUTES)

Clubs, schools, or academy education sessions. Two options.

1. NUTRITION WORKSHOP (Younger athletes, 12-14yrs) – Covering basic nutrition (macronutrition), healthy snacks, and building a balanced plate.

2. SPORT NUTRITION (Great for older athletes 14yrs+, with a basic understanding and interest in learning. Covering nutrition fundamentals, performance nutrition, hydration, and general well-being.

\$200 per 60 min + optional \$100 customisation (club-specific).

PARENT EDUCATION SESSION (45 – 60 MINUTES)

Zoe helps parents understand how to support athletes as they progress through WAFL development pathways, providing practical strategies for fuelling, recovery, competition nutrition, and growth during high-performance development years.

From **\$120** (or \$20pp, min 6). Normally organised for parents to pay, not clubs.

NUTRITIONAL RESOURCES

Customised nutrition resources created for clubs, brands, and programs, providing athletes and parents with clear, ongoing reference material for sport-specific nutrition support.

Bronze: A single-page, generic but sports-focused nutrition resource covering one topic in a simple, easy-to-understand format for athletes or parents. – **\$80** (PDF reprintable format)

Silver: A 5-page, sport-specific nutrition resource with practical strategies, examples, and tailored guidance to support real-world application for athletes and parents. – **\$150** (PDF reprintable format)

Gold: An in-depth booklet resource tailored to the specific sport, providing comprehensive, sport-specific nutrition education and long-term reference material for athletes and parents. – **\$300** (PDF reprintable format)

GUEST APPEARANCES

Healthy food stand, event support, brand-aligned promotion.

Zoe requires promotion of her business and that her support is nutrition-focused.

\$50/hr

1:1 CONSULTATIONS

Comprehensive assessments + personalised performance plans.

Initial **\$190** | Clubs: **\$200/hr** (1.5hr minimum/ 3 x 1:1 session)

*For more details on
each specific service,
contact Zoe*



Contact & Booking

Work With Zoe

Zoe offers flexible services for sporting clubs, academies, schools, and community organisations. Programs can be tailored to suit your athletes' age group or season requirements.

Email: zoe.nutrition@outlook.com

Website: www.holisticnutritionandlifestyle.com.au

Instagram: [@HNL_SPORTSNUTRITION](https://www.instagram.com/HNL_SPORTSNUTRITION)

