

Zoe Cooper

CLINICAL NUTRITIONIST (BHSC)
REGISTERED WITH ANTA

Zoe is a Clinical Nutritionist and Personal Trainer who blends 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

- Educates athletes on improving performance and long-term health
- Additional pillar for holistic care for athletes
- Support developmental youth programs



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 – Weekly group sessions tailored to sport.

Designed to dive deep into nutrition, supplements, and wellbeing.

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

ATHLETE PRESENTATION (30–90 MINS)

Club, schools, or academy education session. Two options.

1. NUTRITION WORKSHOP (Younger athletes) – Covering basic nutrition (macronutrition), healthy snacks, and building a balanced plate.
2. SPORT NUTRITION (Great for older athletes 16+, with a basic understanding and interest in learning. Covering nutrition fundamentals, performance effects, hydration, and general well-being.

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

PARENT EDUCATION SESSION

Zoe provides parents with clear education and practical tools to confidently support their developing athlete.

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

GUEST APPEARANCES

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

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

1:1 CONSULTATIONS

Comprehensive assessments + personalised performance plans.

Initial \$190 | Clubs: \$200/hr (1.5hr minimum)



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)

