

Service and price guide 2021-2022







Welcome to The Zone

The Zone's health, wellbeing and sports performance services have the power to transform lives!

Based in purpose-built facilities at Ara's City campus in Christchurch, we offer a wide range of customisable services to athletes of all levels, community groups and organisations, and any individual invested in optimising their health, wellbeing and physical activity status.

Talk with us about your goals - we're happy to provide advice on suitable services and programmes that will help you achieve your objectives.

Toku Hauora - My Wellbeing

At The Zone we provide a range of health, wellbeing and physical activity services for individuals, groups, special populations and workplaces to encourage optimal health and wellbeing. Delivery location is flexible.

Occupational Health & Wellbeing Education

The Zone's Occupational Health & Wellbeing Education series combines topics relating to eating well, moving well and what keeps you mentally well. The content is based on the most current health, wellbeing, and physical activity evidence-based research and delivered by experienced and qualified experts.

Seminar costs* start from **\$230**
(*dependant on delivery location and facilitation time)

Community Programmes

The Zone's community programme provides a welcoming and supportive environment for participants interested in developing regular physical activity routines and knowledge about eating well, moving well and what keeps you mentally well. Programmes can be tailored to suit specific needs of the participants.

Cardiac Rehabilitation Support Programme

The purpose of the Cardiac Rehabilitation Support Programme is to assist individuals who have experienced a cardiac event and are aiming to return to recreational exercise and/or sport with confidence. The programme services include: physical activity assessment(s), exercise prescription; nutrition and health and wellbeing consultation. Consultation with the clients medical specialist(s) is conducted prior to the start of the programme, which is conducted by experienced exercise science specialists.

Total Programme Package **\$399**; or services can be purchased individually.





Nutrition Clinic

Eating well, exercising regularly and looking after yourself are key to feeling good and living a long and healthy life. At our Nutrition Clinic, our qualified, experienced and supportive staff provide a range of services to help you create a healthy lifestyle.

Nutrition Clinic services

Initial consultation	1 hour	\$130
Follow-up consultation	30 mins	\$50
Follow-up consultation	15 mins	\$25
Supermarket tour	30 mins	\$50
Home visit (label reading, meal plan, shopping lists)	1.5 hour	\$170
Home visit (cooking)	1 hour	\$120
Tertiary student consultation	45 mins	\$35
Body composition scan	10 mins	\$29

We offer a range of packages.

For more information please see the website.

Live Well package	\$510
Eat Well package	\$350
Kick Start package	\$210

Body Composition Analysis

Body Composition Tests are an effective way to assess what you're made of on the inside (e.g. muscle mass, body fat), and to gauge if you're on track with your fitness and health goals. The test takes less than a minute and is non-invasive - all you need to do is stand on our machine in light clothing (there's no poking, prodding or pinching). After the initial test, you can have additional tests to assess changes and progress. Single scans cost \$29 and discounted multi-scan packages are available.

Sports performance

At The Zone's purpose-built sports and exercise facilities, qualified and experienced specialists can provide sports performance services for sports teams, secondary schools and endurance athletes.

Youth Physical Development Programme

Is aimed at improving young people's physical literacy, confidence, and competence, to support lifelong participation in sport and physical activity. In turn, the individual gains an understanding about the benefits of training and encourages the development of intrinsic motivation behaviour patterns, which is closely linked to positive well-being and resilience. The programme can be customised to include: performance testing; strength and conditioning coaching; performance nutrition; mental skills and multisport development. Pricing available on request.

Secondary School Fitness Testing Programme

A hands-on way for Year 10-13 students to learn about physical performance testing. Can be tailored to meet NCEA objectives or specific sports fitness testing requirements.

General package

\$199 per group (up to 25 individuals)

Sport-specific package

\$300 per group (up to 25 individuals)

Endurance Performance Coaching

Go beyond what you thought your body was capable of by optimising your individual physiology to achieve more in your chosen sport. Ideal for cyclists, runners, kayakers, rowers and multisport athletes. The package includes these services:

- 1 Individual Consultation (10-15 mins) by phone or at The Zone
- 2 Anaerobic lactate threshold tests (60 mins) to ascertain correct heart rate zones for prescribing training sessions for individual disciplines. Reports available within 48 hours.
- 3 Individual Move Well programme development and demonstration for gym or home-based training

The package (1-3) costs **\$499**. Alternatively, these services can be purchased individually.

Move Well Coaching

The aim of this coaching is to help individuals master the key functional movements performed in everyday life situations. This supports occupational health, and maximises training, sports performance and/or lifelong participation in physical activity.

Move well - start-up package

\$159

Includes:

- Consultation (10-15 mins) by phone or at The Zone
- Functional Movement Screen (60 mins). Assesses a range of key functional movement patterns
- Individual Move Well programme development and demonstration. Can be developed for gym and/or home-based training

Session packages:		1 session	5 sessions	10 sessions
Individual 1:1	45 mins	\$55	\$250	\$450
Individual 1:1	60 mins	\$75	\$350	\$650
Partner training (2 people max)	45 mins	\$100	\$450	\$800
Partner training (2 people max)	60 mins	\$140	\$650	\$1200

Anaerobic Lactate Threshold Testing

Testing and analysis are available for endurance athletes (including multi-sporters or individual cyclists, runners, kayakers, rowers) to ensure your training plans are developed with accuracy.

Test and raw data only (no analysis report provided)

\$99

Test and analysis report (includes five training heart rate zones, to use as guidelines for prescribing training sessions)

\$129



The Zone is located in W219 (2nd floor), W Block (Whareora).

Please note: Ara's car parks are typically full during peak course times (Monday to Friday 9am - 3.30pm), a small charge is required for parking. Please allow 10-20 minutes to find a nearby park, if all of Ara's car parks are full.

To find out more:

ara.ac.nz/thezone | thezone@ara.ac.nz | 0800 24 24 76