

## About Us

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Nu Sports is an all-in-one health and fitness solution for individual and corporate. We are proud of our rich history of providing evidence-based nutrition, health and fitness resources from the registered health care provider. Studies have proven, healthy lifestyle are the key to prevent many chronic diseases. For this reason, our staff is united in a shared commitment achieving better health for everyone, everywhere by providing evidence-based wellness strategies/programs. This combines promotion of health and exercise-related activities designed to facilitate positive lifestyle changes in members of a community and a company's work force.

### HOW IT WORKS?

If you're looking for a fast-paced, collaborative environment. You'll enjoy an innovative & results-oriented culture driven by the facts.

# CHANGE YOUR LIFE IN THE NEXT 90 DAYS OF PRACTICE



**NU SPORTS**

Improving Quality of Life



# SERVICES

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## PERSONALISED NUTRITION

Our personalized nutrition foods are right for you & supplements should be taking with diet plan before and after exercise



## WEIGHT MANAGEMENT PROGRAM

Weight management process doesn't mean strive to body but make the eating process healthy and fully exotic.



## INDIVIDUAL / GROUP COACHING

It's ideal for fitness in work or at home. Our team will help to improve your health status through simple exercises plus choosing the right food.

# CONTACT

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## WHY CHOOSE US?

United to share commitment achieving better health for everyone, everywhere for better tomorrow.

1

**Reliable, and Professional Great Services**

2

**Support & Motivated, and Friendly Coaching Team**

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Improving Quality of Life







## SPORT PERFORMANCE

Innovative approach to training – building on a solid athletic foundation while staying focus on each athlete’s individual goals.

**EVERY ATHLETE HAS  
A DREAM.**

**WE CAN HELP THEM  
REACH IT.**

Competitive athletes are fueled by a passion for success and winning. They strive to be faster and stronger so they can achieve the high standards they set for themselves.

We are equipped with unique skillset to help a wide range of athletes—from beginners to professionals, youth to adults—chase their dreams.

### **STRETCH & STRENGTHENING**



A technique that work with the body’s natural physiological makeup to improve circulation and increase the elasticity of muscle joints and fascia.

### **POST-TRAINING RECOVERY**



Recovery is part of training. Instead of learning the hard way, this is how you can make the most of your off days to recover well.

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