Where you are right now...

- You have made up your mind that it is time for change
- You are not sure what food to eat to lose weight and keep it off for the long term
- You are a beginner to exercise or have health issues which may restrict you doing some types of exercise
- You need guidance to exercise safely and effectively
- You see this as your new lifestyle.

What your issues tend to be...

- You have tried various diets that have given you results but were not sustainable
- You don't like going to the gym as they make you feel uncomfortable
- Want to feel fitter and more confident before exercising in front of others

What you need help with right now...

- You want to change your body and maintain your new look
- You want to be happy with what you see in the mirror.
- You don't know how to achieve this look on your own.
- You need expert guidance from a coach or trainer who can motivate you and who understands what your goals are.

The programme that will suit you best is: Get Fit, Lose Weight - Personal Training

This is a programme for people who want a body that they feel comfortable and confident with. You will be given guidance and coaching step by step towards your goal.

Your entire programme is designed specifically for you so you learn what to eat, when to eat, when to exercise and what precautions to take if exercising with certain health conditions.

As a Get Fit, Lose Weight Client You Get......

- Initial telephone consult to discuss goals and timelines.

- Assessment of your current nutrition, lifestyle & training

- Personalised training plan (a new program every 4 weeks)

- Twice weekly or weekly 1:1 training sessions

- In between sessions exercise or physical activity plan

- Nutrition & supplements advice

Tel: 07542 136747   E-mail: sandral@life1on1.co.uk
www.life1on1.co.uk

- Monthly program review, assessment and modifications
- Regular progress calls and emails

Minimum duration: 3 months

To start your journey or to discuss your specific coaching requirements please contact me.