

### Where you are right now...

- You are looking for an exercise and weight loss program that will change the shape of your body
- You are not sure what food to eat to lose weight and keep it off for the long term
- You are confident enough to work on your own in the gym or at home

### What your issues tend to be...

- You have tried various diets that have given you results but were not sustainable
- You want to have a toned look but don't know how to achieve it
- You workout regularly but are not seeing the results you thought you would and are bored with your routine

### 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 - Online

A personalised program for those people who know what to do but require a progressive structured program and accountability to get the results they want.

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

- Initial telephone consult to discuss goals and timelines and
- Assessment of your current nutrition, lifestyle & training
- Personalised training plan (a new program every month)
- Nutrition & supplements advice
- Monthly program review and modifications
- Monthly catch-up calls
- Private WhatsApp group support

Minimum duration: 3 months

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

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