

Where you are right now...

- You have made up your mind that it is time for change!
- You want to radically change your body shape, for improved self-confidence and better body image
- You need to lose weight and get fitter to improve your health and obtain better health screening results
- You want to transform yourself for a special event such as a wedding, holiday or photo shoot
- You have always put yourself last but now want to transform your body and health to feel, move and look better

What your issues tend to be...

- You have tried various diets that have not worked for you or your lifestyle
- You have done some exercise but are not seeing the results you thought you would get
- Your health care provider has told you that you need to lose weight or get fitter to prolong your life, get better screening results at your next visit or to stay off medication

What you need help with right now...

- You want to change your body shape and improve your health
- You want to know what to eat to lose weight and keep it off for life.
- Change the habits of a lifetime and make new sustainable ones.
- 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 - Body Transformation

This program is for people who want to change their lives round once and for all and radically change the way they feel, look and move.

The program will help you, improve your quality of life, lose weight, get fitter and obviously adopt new healthy habits for the future.

You will work directly with Sandra who will take you by the hand and guided through the process step by step. Failure is not an option.

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 1:1 training sessions
- Exercise/ Physical Activity plan for in between sessions
- Nutrition & supplements advice
- Monthly lifestyle and goal setting consult
- Weekly food diary and nutrition advice in line with health care professionals guidance
- Monthly program review, assessment, modifications and progress tracking
- Weekly progress calls and emails
- Monthly body composition and measurements
- Contact me at any time by email or text with any questions

Minimum duration: 6 months

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