



HEALTH & FITNESS COACHING

Women Rocking Fitness, Energy for Life...

Circuits & Personal Training

Getting in shape shouldn't be a punishment. It's an amazing and empowering lifestyle decision that anyone can achieve with the right combination of nutrition and fitness.

I believe in finding the pleasurable side of fitness, and while there may be a sore muscle or two along the way, the amount of fun and levels of energy you will experience will far exceed the moments of discomfort!

1-2-1

For a healthier you

It's all about you; one to one nutrition and training planning designed with you, for you so that YOU can achieve your desired goals! The perfect way to get the results you want and deserve.

Bootcamp Circuits (Screw It, Let's Do It)

Building your strength, stamina & flexibility

Whether you're training to lose weight, trim and tone, or get your fitness groove on, our boot camp circuits will help improve your fitness in a kick butt fun way. Be ready to work! These are privately run sessions for a minimum of 5 women up to 10 (to maintain the personal trainer philosophy). Perfect in large garden, local park or local venue.

Walk, Jog & Run

Building your endurance

Tired of feeling tired? Need to get off the couch? Win your health back with a walk and talk! Together we will build your endurance skills from a walk to a jog to a run.

Nutrition Programme

THE sure-fire way of achieving your health & wellbeing goals! This nutrition system works with or without a fitness programme however physical activity is always advised as it is a key step in achieving optimal health. Get results or your money back.

TO FIND OUT MORE, EMAIL:

yvonne@yvonneltd.com

STATING YOUR SERVICE INTERESTS AND WE'LL GET A 30 MINUTE CHAT BOOKED IN...

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The Journey

1. A **FREE** 30-minute introduction call or meet up
2. Welcome and client pack information & invoice emailed with first confirmed appointment date (Written Consent, Par-Q & Consultation documents must be completed prior to any fitness sessions)
3. Nutrition diary sent to client for completion & reviewed after one week – nutrition advice provided / introduction to our nutrition system
4. Fitness session (outdoors, home, client's gym) – designed aligned to client's goal(s)
5. Monthly check-ins – weight, measurements
6. Monthly Zoom/Skype call – for ongoing encouragement, to answer any questions (separate from fitness sessions to ensure they remain focused on the physical aspects of the programme)

10 sessions £450, 20 sessions £800, 30 sessions £999 – packages can be used over a 12-month period (from date of purchase). 2 PT sessions per week recommended

(Packages including our nutrition system are also available – POA or as Recommended)

FREE gifts with all multiple session packages over £400:

- ✓ Suck It Up or Change, If You Want a Better Life, You Create It Bestselling Book
- ✓ 7F Principles Year Planner