

 improve your body shape

 shed stubborn fat

 fit into smaller clothes

 learn what to eat and when

 follow a structured exercise plan

 have your own personal mentor

Transform Your Lifestyle

A ground-breaking 10-week Program that will transform your fitness, health and wellbeing, delivered to you by a fully Qualified **Personal Trainer** and member of the **International Society of Sports Nutrition**

Brought to you by

 **QualityForLife**
Fitness



What is it?

A 10-week intensive program, which will transform your health, fitness and wellbeing giving you a rejuvenated and healthy lifestyle. Delivered to you through a personalised and structured Exercise and Nutrition program, we'll set you targets, regularly monitor your progress and make any amendments necessary to make sure we hit your goals.

We will:

- Lose you inches
- Drop your bodyfat
- Fit you in smaller clothes
- Provide you with more energy
- Teach you healthy lifelong habits



We will never:

- Make false promises
- Provide a one-size-fits-all meal plan
- Give you an unsustainable fad diet
- Change or miss any appointments
- Treat you as just another number



What we ask of you:

1. To be ready and willing to change
2. Your full commitment to the whole 10 weeks
3. To stick to your exercise and meal plans
4. To make time for your homework
5. To enjoy it



Do not apply if you cannot promise the above



For 10 weeks we will work together to provide you with:

- A structured, personalised and tailored **exercise and meal plan** designed just for you
- Regular **monitoring of progress** and any relevant adaptations
- One hour of **Personal Training** per week at our top-spec fitness facility
- **Unlimited Bootcamp access** across our weekly sessions
- One short **Skype/Facetime catch-up** call per week
- A mobile number/email address so we're **always available** for you

The 10 weeks will be intense, tough and will require a lot of discipline. But it will be worth it! You will experience ongoing results and by following what we do for the rest of your life you will reap the rewards of a transformed and healthy lifestyle.

Success Stories



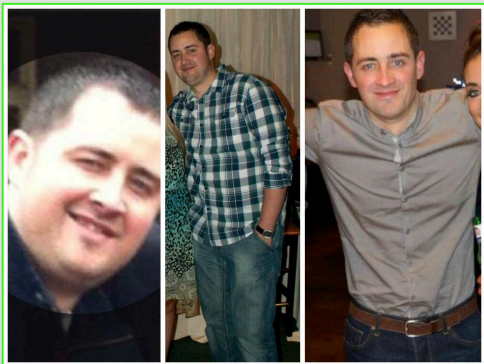
Fern shed 4.6kg in weight and lost 12cm from her waist!



Philippa dropped 4.9% body fat, lost 11cm from her waist and 5cm from her bum!

This was the best thing I ever did! I got fit and found something I enjoyed. One year on I still regularly attend Bootcamps and still love every session and made some brilliant new friends.

Sue



Personal Training followed by 8 months of self-discipline has transformed Dave!

This was the best money I've ever spent. Nik has a great ethos and is a great trainer who knows his stuff! He wanted the results as much as I did and that's exactly what I got - results! I couldn't have done it without his support, knowledge and the manner in which he gets the best out of you. He changed the way I look at food and exercise.

Carolyne



And in just 10 weeks, look at Kate's success!

The thing I loved most about the food plan is that Nik worked it around what I already ate and didn't start introducing things I wouldn't normally eat or that I didn't like. He educated me on hidden sugars and when and what to eat around training. This made it so much easier to stick to and not just for 10 weeks. The PT sessions themselves were just brilliant! Nik is so motivational he really makes you believe you can do it! I learnt loads of techniques, gained loads more confidence and changed the way I looked and felt about myself.

Kate

Are you ready to take the next step? Call now for a free, no-obligation consultation

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