

el silcock
health ♥ fitness ♥ wellbeing

121 PERSONAL TRAINING

IF YOU WOULD LIKE TO SIGN UP
THEN JUST LET ME KNOW.
FITCLUBWITHEL@GMAIL.COM
THERE'S NO OBLIGATION!



121 PT

membership 

Membership includes...

- Goal setting.
- Daily stretch and mobility exercises.
- x4 121 strength training sessions to be used within the 4-week period.
- Weekly progress check ins.
- End of 4-week review.

£130

About the membership

Goal setting.

- We all need something to aim for, so that's why you will be setting yourself realistic goals which you want to achieve.

x4 121 strength training sessions per month.

- These can either be at Fortitude Fitness (if you are a member) or at my home gym (or mixed depending on your preference and availability).
- To be taken within the 4-week period.

Stretch and mobility.

- Keeping those joints flexible and your body mobile is incredibly important, particularly as we get older.
- And this will form part of your planned exercise regime using the workouts provided.

Nutrition Management

- We will get you in the right head space when it comes to your nutrition by not seeing foods are 'good' or 'bad'
- We will improve your relationship with food and get you out of old habits and behaviours.
- You'll make sure you are giving your body the nutrients it needs and deserves for your hormone health.
- You will learn about the foods you need to help to keep fit and well.
- We'll look at the foods you eat currently and see what tweaks we can make.

- **Stress and sleep management.**

- These are both incredibly important when it comes to our overall health and fitness. You will be given tools and techniques to help manage these moving forward and create better habits.

- **Hormonal advice and support.**

- Our hormones play a massive part in our health and wellbeing, so understanding how they impact you will be key to help you meet your goals.

- **Weekly progress check ins.**

- Check in every Sunday to see how you are getting on with progress against your goals, and if we need to tweak anything to make sure of success.

- **What it doesn't include:**

- No restrictions on what you can eat or drink, as restriction DOES NOT WORK.
- There will be no meal plans.
 - You need to learn how to manage your own nutrition and do what's best for you and your health.

**It's all about creating consistency and acknowledging your wins.
With consistency becomes habits which means progress towards your goals.**

membership T&Cs

Full adherence to the membership is expected.

- You won't see results if you don't follow all of the advice given.
- You are following a process, which will be a learning curve so you need to stick to it.
- Non-adherence will result in cancellation of your membership.

4-weekly payments are to be made in advance

- via Direct Debit. All membership services will be withdrawn on non-payment.

PT sessions will not be refunded if cancelled or not used within the 4-week period.

- Refunds only given if I cancel the session.