

el silcock
health ♥ fitness ♥ wellbeing

COMBO MEMBERSHIP

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



combo

membership 

ONLINE + PT £160 per month

Membership includes...

Goal setting.

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

Tailored online monthly weight training programme.

- Aligned with your goals, your programme can be designed for with home or gym, or both home or gym (depending on where you can train).
- Available via my training app, including instruction videos and session progress recorded.

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.



Nutrition Management

- **We will:**

- get you in the right head space when it comes to your nutrition.
- improve your relationship with food and get you out of old habits and behaviours.
- make sure you are giving your body the nutrients it needs and deserves for your hormone health.
- educate you about the foods you need to help to keep fit and well.
- look at the foods you eat currently and see what tweaks we can make.

Daily stretch and mobility exercises.

- Keeping flexible is incredibly important, so you will be given routines via the app that will fit into your daily life.

Weekly progress check ins.

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

online *memberships*

PROGRAMME *non negotiables*

You will be set weekly 'non-negotiables' to help you to achieve your goal(s). And we will measure your progress against these on your weekly WhatsApp catch ups.

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

NON-NEGOTIABLES WILL INCLUDE:

- Strength training goals.
- Stretching/mobilisation goals.
- Walking goals.
- Habit changing goals.
- Hydration goals.
- Nutrition 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.
- **Monthly payments are to be made on time** or membership and all services will be suspended until payment is made.
- **No refunds** will be given under any circumstances.
- A **PT session** will only be rearranged if I cancel one.