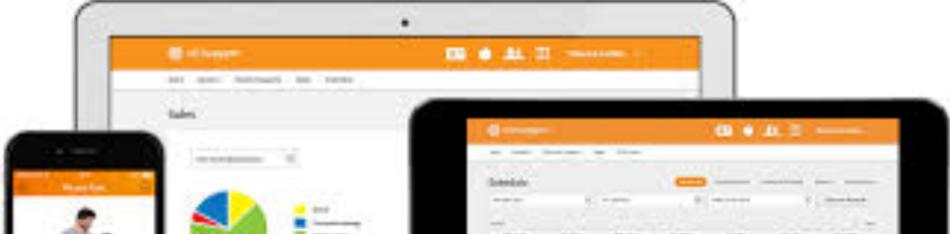
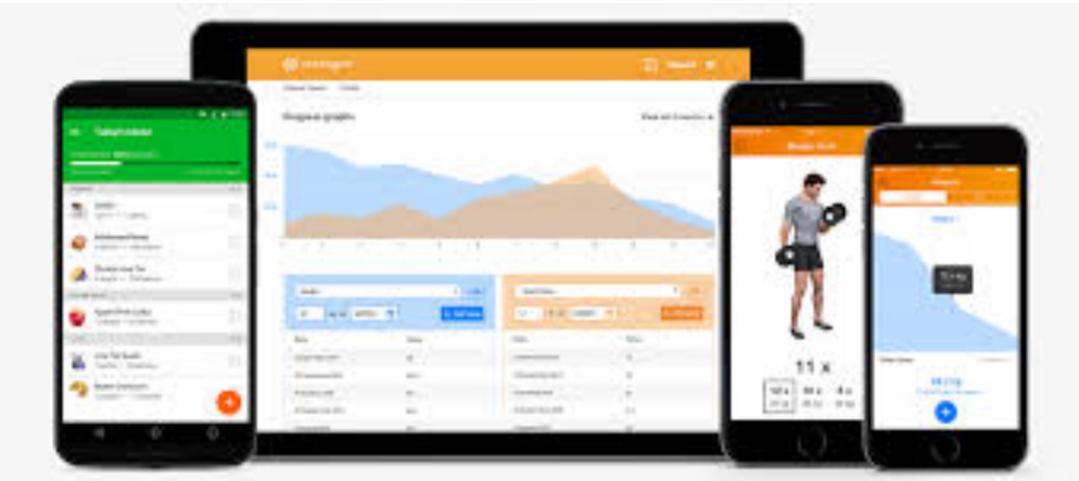
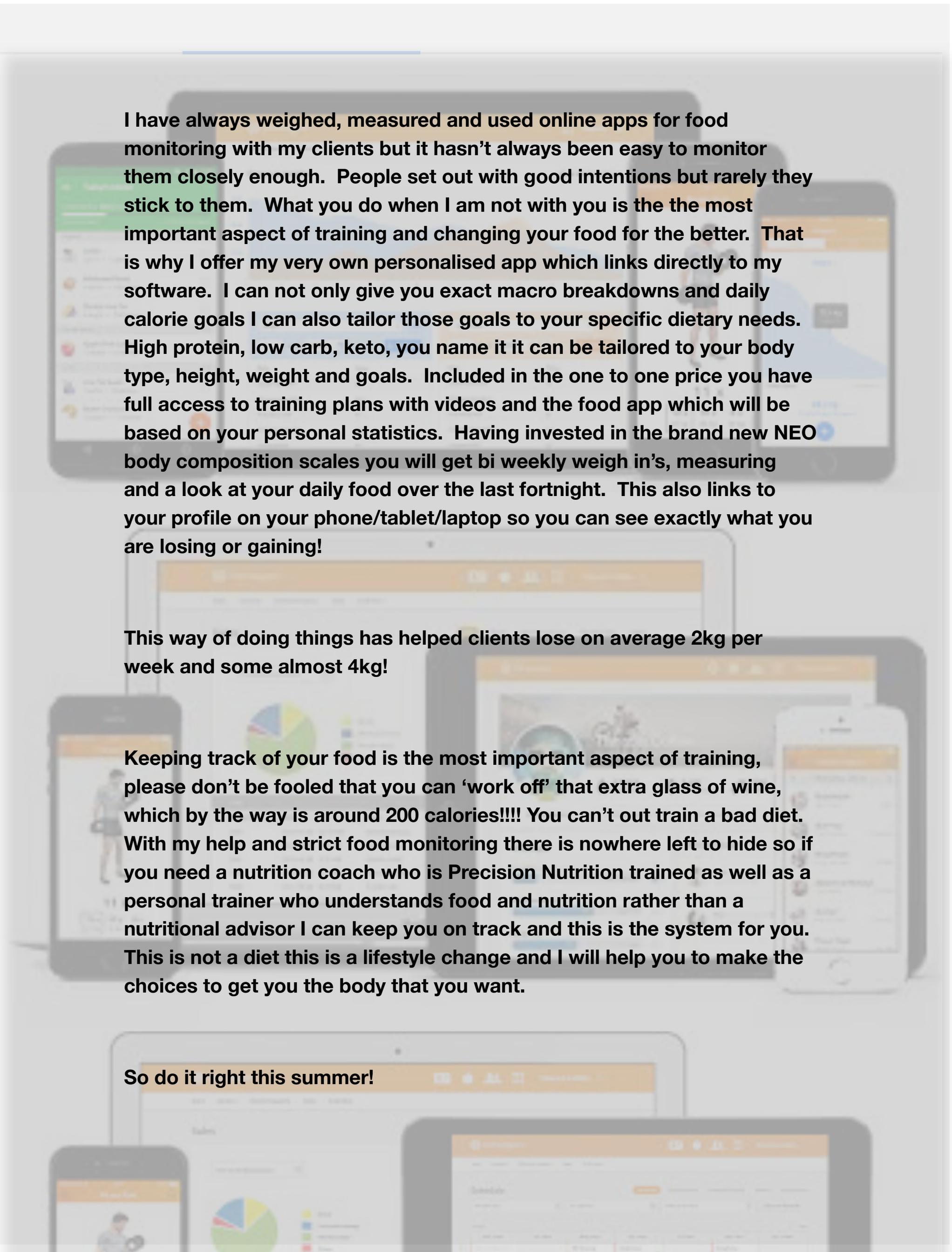


Neo Onyx Body composition scales, Virtuagym app and bi weekly stats and food review





I have always weighed, measured and used online apps for food monitoring with my clients but it hasn't always been easy to monitor them closely enough. People set out with good intentions but rarely they stick to them. What you do when I am not with you is the the most important aspect of training and changing your food for the better. That is why I offer my very own personalised app which links directly to my software. I can not only give you exact macro breakdowns and daily calorie goals I can also tailor those goals to your specific dietary needs. High protein, low carb, keto, you name it it can be tailored to your body type, height, weight and goals. Included in the one to one price you have full access to training plans with videos and the food app which will be based on your personal statistics. Having invested in the brand new NEO body composition scales you will get bi weekly weigh in's, measuring and a look at your daily food over the last fortnight. This also links to your profile on your phone/tablet/laptop so you can see exactly what you are losing or gaining!

This way of doing things has helped clients lose on average 2kg per week and some almost 4kg!

Keeping track of your food is the most important aspect of training, please don't be fooled that you can 'work off' that extra glass of wine, which by the way is around 200 calories!!!! You can't out train a bad diet. With my help and strict food monitoring there is nowhere left to hide so if you need a nutrition coach who is Precision Nutrition trained as well as a personal trainer who understands food and nutrition rather than a nutritional advisor I can keep you on track and this is the system for you. This is not a diet this is a lifestyle change and I will help you to make the choices to get you the body that you want.

So do it right this summer!