

ABSOLUTE BEGINNERS

Picture this: You can't remember the last time you exercised, worked out or really moved your body, but you know that enough is enough and you need to get moving, get stronger, build some muscle and get fitter. But what to do? A regular Bootcamp might be too taxing, running is a bridge too far, plus you liked to be pushed.

Personal Training at Dragon Fitness and Coaching could be your answer.

Why?

- You train at your pace. You have nobody to keep up with or compete with
- You don't really know what to do in a gym on your own. You're afraid of hurting yourself
- You have some aches and pains and don't want to make them worse
- You're self conscious and want privacy
- You've never been the 'sporty' one. Once upon a time you loved sport, but that was a long time ago
- You want to get out of your house, have some me time, but don't want to travel too far
- We take a holistic approach to your health

Strength training really is and should be for everyone, at any age. This what you can expect to gain:

- An increased metabolism, fat loss and metabolic health
- Increased muscle and strength
- Improving overall quality of life and confidence
- Improved cardiovascular health
- Better cognitive function and mental health
- Improved sleep
- The motivation to make better lifestyle and eating choices

You don't have to be fit to start but you do need to be committed to at least two sessions per week ideally, to see and feel changes.

Your coach Ally van de Pol is a NASM-CPT Personal Trainer, AFPA Certified Holistic Nutritionist & AAHF Senior Exercise Specialist, plus First Aid and CPR qualified.

www.dragonfitnessandcoaching.com
ally@dragonfitnessandcoaching.com



"I stopped exercising many years ago when we started a family. I really wanted to get into shape but had no idea how to start. I tried a few exercise classes and even a gym membership but felt out of place and very self conscious. Then a friend recommended Ally to me. I was nervous but she was very reassuring during my consultation. She really understood where I was at.... and where I wanted to get to. I don't have much spare time so it's important that what time I do spend exercising I get maximum benefits - Ally does this. And now I'm seeing the results, I actually look forward to my weekly sessions! "

