

1:1 TRAINING

One to One Personal Training with a coach is for you if:

- You need motivation to exercise
- You're new to exercise or strength training
- You've had an injury or have a specific condition
- You currently experience pain while exercising or training
- You've recently had a baby (please note training is not recommended until after the six week doc's approval)
- You're in training for a specific sport or event, or just want to get better at your chosen pastime
- You want access to a gym as you've strength trained before and would like to be coached on your form/ technique
- You'd like to integrate your fitness, health and nutrition



" Ally is hands down the best trainer I have ever worked out with. Whatever your challenge may be, she will tailor a programme that really is unique to you. And no sesh with her is the same. Ally will push you if you need pushing; she also knows when not to push (although be prepared for the nagging!). It is testament to her amazing ability to get the best out of people that at over 50yrs young I feel the most comfortable I've ever been in my skin. Almost my entire family now train with Ally and all have benefited in different ways: she's Personal Trainer, nutrition coach and life counsellor all wrapped up in one."

What Do You Need?

- You don't need to be at a certain fitness level to get started.
- Commitment- results only come with consistency. Longer term training is recommended, however PT in the short term can also be the perfect kick start to a new healthier regime.
- An open mind and the willingness to push your comfort zones

The Benefits

As well as improving muscle and skeletal mass, increasing metabolism and learning new skills, strength training often heightens self confidence, with clients reporting an increased desire to eat better and adopt healthier lifestyle habits.

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.

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