

SAI  
KUNG'S  
ONLY...

HOLISTIC WELLNESS

& FITNESS



1200<sup>sq</sup> FT  
AIR CON  
GARDEN  
STUDIO

PERSONAL TRAINING

# 1:1 TRAINING



Functional strength and intelligent conditioning  
for a complete focus on *your* own goals,  
at a time that suits you.

*"Ally is very professional and passionate about the service  
she delivers and I wouldn't hesitate to recommend her to  
anyone looking to get their health back on track."*

*Juita, Personal Training client*



# PERSONAL TRAINING

## What is it?

One to One Personal Training 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

## 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.

## What Do You Need?

- Any fitness level catered for
- 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 zone

*"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 2 sessions with her are 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."*

## Your Trainer & Health Coach

Ally van de Pol is a:

- NASM-CPT Personal Trainer
- AAHF Senior Exercise Specialist
- SNM Certified Healing Diets Practitioner
- Certified Health & Wellness Coach
- AFPA Certified Holistic Nutritionist
- Certified Pain-Free Performance Specialist
- Naturopath (in training)
- First Aid and CPR qualified



SCAN ME

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