



PUTTING THE 'PERSONAL' BACK INTO PERSONAL TRAINING

PERSONAL TRAINING

Real Life

At Perpetual Wellbeing we know that not everyone wants to be an athlete, body-builder or the next 'Top Model'. Our clients are real people with real lives and real issues. Our unique approach of coaching and training fits in with their life, focuses on their goals whether they be weight management, increasing general fitness, managing long term pain or improving mobility achieving long lasting results.

Real Training

Our personal training programmes are entirely exclusive and unique to you, your goals and your lifestyle. You can train on a personal 1-2-1 basis, as a couple where you train together and motivate one another, or with a small group of friends.

Real Results

With your full commitment our highly skilled and knowledgeable trainers will ensure you reach your goals. We have a proven track record in every aspect of our business. Please visit our website to read real people's real results.

www.perpetualwellbeing.co.uk



Weight Control Clinic

At Perpetual Wellbeing we offer no magic pills or potions, no shakes or fad diets just coaching and some light exercise within exclusive 1-2-1 sessions or join a small group of like-minded people.

Lower Back Pain Management

We recognise that life can be dictated by pain. Offering support, advice and guidance we can show you how to manage your pain and increase your mobility, simply and effectively.

Sports Conditioning

Whether you want to improve your golf swing or be fitter for the slopes, we will design unique training programmes to enhance performance and help maintain fitness on and off the course, in and out of season.

Pre & Post Natal Training

Our specialist trainers will share their knowledge and experience to guide both your diet and exercise whilst you carry your baby and then guide you through the post natal reconditioning.

Through an informal consultation we can establish your functionality and mobility, taking into consideration any injuries and illnesses.

Wellbeing Healthcheck

- Medical & exercise history
- Glucose & cholesterol levels
- Blood pressure & resting heart rate
- Weights & measurements
- Body composition
- Postural analysis
- Ability assessment

Fitness Assessment

- Cardio respiratory fitness
- Muscular strength and endurance
- Weights & measurements
- Body composition
- Postural analysis
- Flexibility
- Set attainable fitness goals

No matter your age, your size or your fitness level, our highly skilled trainers are as committed to your needs as you are to your goals.

Stop making excuses! Get started today! Contact us NOW!

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