

Positive Lifestyle Training

Newsletter

July 2012



positive
lifestyle training



Welcome to Positive Lifestyle Newsletter - July!

Thinking about **getting fit** ready for the summer holidays? Now is a great time to have a blast before you hit the beach!

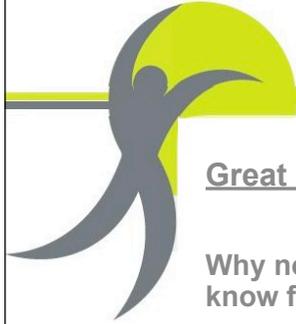
I would like to take this opportunity to say thank you, to you all for being very loyal and valued clients! While times are difficult I am sure you can't put a **price on your own health**.

With our expertise we will make sure you get the best out of yourself to ensure that you can enjoy your holidays, have more **energy** and a **slimmer waistline** to show off whilst lounging round the pool!

Our moto is "there is no better investment than in yourself"!

Many thanks,

Wayne



Great Gift Idea for Birthdays

Why not buy a healthy present for someone you know for their birthday?

Simply let us know how much you want to spend and we can tailor a voucher for you to give as a present.





Follow us!



Make sure you're the first to hear about our fitness tips and exclusive offers especially for you!

Facebook - Positive Lifestyle Training

Twitter - @posfitness

YouTube - posfitness

Book sessions with us via

**info@positivelifestyletraining.co.uk or call us on
0191 285988 or 07974 322735**



Current timetable

You can see a copy of our current class timetable on our website:

www.positivelifestyletraining.co.uk

Click on Fitness studio along the top and you can download a pdf copy on the right hand side.



Our Team:

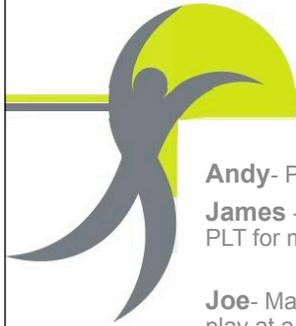
Wayne - Head trainer who is constantly trying to move the business forward. He and Anna await the birth of their second child in mid July.

Gary - Senior trainer who is responsible for organising all our PT sessions. Has now been at PLT for 10 years!

Ross - Trainer who is massively popular and now into his 7th year at PLT. He fully appreciates how hard it is to fit exercise into full family and busy life but is doing a great job at it.

Jon - Trainer who works hard and adds new ideas to the team. Now been working for PLT for 5 years and is constantly striving to be the best trainer he can.

Richard - Now finished his degree and takes up a full time post with PLT from September.



Andy- Personal Trainer and Biosignature Diet specialist.

James - Personal Trainer now working full time has been with PLT for more than 2 years now!

Joe- Mainly works the weekends in the studio and continues to play at a high level of local league football.

Kate- Pilates and yoga guru. Her classes continue to be our most popular due to her enthusiastic and educational approach.

Elaine - PLTs superb receptionist. The company could not run smoothly without her!

Louise- Sports Therapist is a welcome addition to the PLT Team. She offers sports and advanced remedial massage and reflexology.



Sports Therapy - Introductory offer!

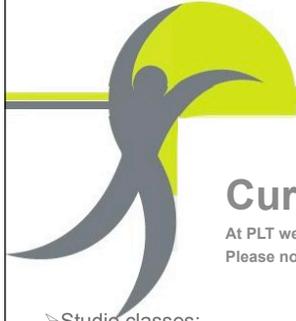
Try a session of remedial massage or
reflexology for only £25 for your first
session!

Christmas Gift Vouchers available.

Please call Louise on 07866801966 to book an
appointment.

Offer Ends 31st August 2012





Current Prices

At PLT we have a 24- hour cancellation policy.

Please note that late cancellations will be charged at the full amount for the session

➤ Studio classes:

- 1 session (1 hour) £8
- 10 sessions £70 (£7 per class)
- 25 sessions £150 (£6 per class)

➤ Studio Personal training:

- Course of 6 £240 (£40 per session)
- Course of 12 £456 (£38 per session)
- Course of 25 £900 (£36 per session)

Personal Training at Home (6 sessions):

Less than 10 miles from Studio	£246
10 - 15 miles from Studio	£258
15 - 20 miles from Studio	£270
Over 20 miles from Studio	£282

Group Personal Training:

£40 per session can be split between you and a maximum of 3 friends. e.g £10 per person!



'Recommend a Friend'

If **you** introduce someone who signs up and becomes a **regular client**, you will receive **3 FREE sessions! That's £120 saving!**

Offer Ends 31 August 2012





Positive Lifestyle Training Annual Golf day

Date - Friday 24th August

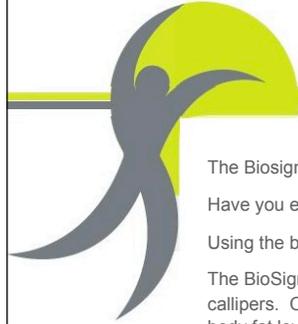
Where - Bridal Path in Gosforth

Time - 3.30pm tee off

Cost - £30 (includes Golf and a meal and prizes)

Please make cheques payable to Positive Lifestyle Training or pay by bacs to Account 13570190 and Sort 205961

If you would like to play please email wayne@positivelifestyletraining.co.uk asap to confirm.



The Biosignature diet - New to Positive Lifestyle Training.

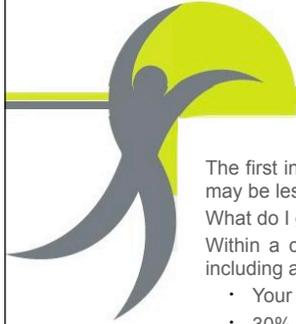
Have you ever wondered why you store body fat in specific areas of your body?

Using the biosignature modulation we can take away the guess work!

The BioSignature Modulation is a non invasive biochemical test using skin fold callipers. Our Biosignature practitioner Andy is able to evaluate the hormonal balance, body fat levels, genetics, nutritional deficiencies and toxicity by taking measurements from 12 skin fold sites. The information allows Andy to understand what is affecting the ability to achieve your goals and allows for a more detailed specific approach towards training in conjunction with positive lifestyle, nutrition and supplementation protocols.

An example of how the BioSignature works:

The body fat a person has around the umbilical skin fold (stomach) is a direct relation to the body stress hormone cortisol. People with excess body fat on their midsection indicates stress levels are high or you have low ability to handle stress, even if you don't feel stressed. Andy can then prescribe what is needed to spot reduce from that area. It could be down to the poor training, nutrition or lifestyle.



The first initial assessment will take about an hour. The follow up assessments may be less.

What do I get from the assessment?

Within a couple of days following your assessment you will receive an email including a detailed report of:

- Your BioSignature supplementation programme
- 30% off BioSignature supplements
- A fat loss guide book
- Dietary plan and nutrition guidelines specific to your goals
- Exercise advice based on your BioSignature profile

You will be constantly monitored and supported throughout your program. Meeting every 2-3 weeks to get your body fat re-measured and making sure you are on track.



You can choose between a 6, 8, or 10 week course. The longer you are on the programme the better the results:

Costs

6 week course - £175

8 week course - £200

10 week course - £225

A 6 week supplement course will cost about £135

If you are interested please contact Andy on 07966 064 544
andrew.coulson@ncl.ac.uk or Wayne on 07974 322 735.



Positive Lifestyle Training -
leading the journey towards a fitter you!



www.positivelifestyletraining.co.uk