

# Personal Training



**Are you getting the most out of your training?**

**Lacking motivation?**

**Tired of the same routine?**

**Looking to achieve quicker results?**



High Performance Training

# Personal Training >>> Benefits

All training programs are tailored individually & advice is given one on one, even if training as part of a small group. This ensures that results are achieved **quickly**, in a **safe**, controlled & **sustainable** manner.

Training is conducted in a fully equipped private studio or outdoors in local parks & reserves.

The first session that every client undertakes is an Introductory Consultation with one of Life & More's qualified fitness professionals. In this session, we will identify your training goals, any medical or injury concerns, and any other issues that will influence you successfully achieving your goals.

After completing the Client Health & Fitness Questionnaire and Health & Fitness Assessment, our qualified fitness professional will develop a program that will focus on your goals which may include, but are not limited to:

- Weight loss
- Improving nutrition
- Improving general fitness
- Body toning & shaping
- Strength & conditioning
- Preparing for a sporting event or adventure
- Rehabilitation after injury or illness
- or a variety of the above.

At all times we will guide you, motivate you, & educate you so that getting & feeling fitter & healthier increases your quality of life & your confidence.

**Personal Training sessions are by appointment only.**

**No joining or membership fees apply.**

**For further information call 0411 779 005 or email: [info@lifeandmore.com.au](mailto:info@lifeandmore.com.au)**

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**web: [www.lifeandmore.com.au](http://www.lifeandmore.com.au)**



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