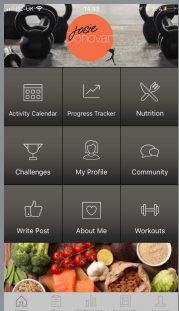






Combined Online/Face to Face Training & Nutrition

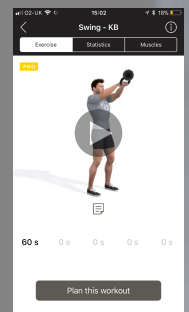


fitness app

Personal training & nutrition goes hand in hand. If you're not doing the food then you're only getting a small part of the deal. As a certified Precision nutrition coach I offer this service as standard.

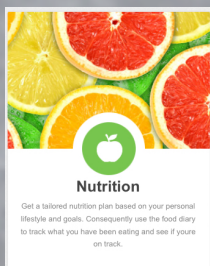
As a face to face PT client you also have full access to my training and nutrition app. Here you can log food, update your workouts, log your body metrics (stats) set challenges and goals along with many other features.

With my full support I can be with your 'virtually' even when I'm not training you. With easy to follow workouts that you can either choose yourself or follow workouts prepared for you based on your training schedule, equipment or gym based. You'll even receive your daily corrective exercise and stretching routines within this app to help you keep on top of any extra 'homework' you get. The app will remind you to do your training via an email and there is also a calendar and a progress tracker for you to log your workouts, what weight, and how many reps, so you can see exactly how and where you are making improvements.



Video clip

Body Metrics - is a whole host of tests to show what's going on inside your body. This includes fat loss, muscle mass, bone density and much more. These variables are all customisable and done using the NEO body composition scales. The scales pair with the app so this is another way of logging your progress whatever your goals may be.



Nutrition monitoring - is very much the same as MyFitnessPal but will be customisable based on your height, age, weight, body type and goals. The nutrition app links directly with the fitness app and will show calories burned through exercise, you can also link your own wearables like FitBit to the app which will update more data for monitoring.

Challenges and online groups are another feature of the app, not only can you join others you can also be part of a growing community worldwide for even more added support. Within my JDPT app you can also follow the progress and meet other clients online if you wish to. You have lots of privacy settings within the app which you can set to suit your needs.

Personal training has never been so personal! For full prices of all of these combined services go to the contact and prices page on my website.