

Fit for Health,

Fit for Life,

Fit for Performance



Health & Fitness Coaching
In & around Skipton
www.clwb-heb-enw.co.uk

able to train your body to do the right things in the right way.

Depending on your sport, you may need to specifically train your:

- Aerobic conditioning
- Anaerobic conditioning
- Muscular strength, endurance, hypertrophy, explosiveness.
- Agility/coordination
- Proprioception (body position awareness)
- Reactions/reflexes
- Injury resistance



Many athletes mistakenly waste time training the wrong way, so never live up to their true potential.

Do you want to spend hours in the gym doing exercises that are going to do nothing to help your performance?

Let us help you use your time efficiently, so you get the most out of your training sessions and help you win!

Whether you want to be Fit for Health, Life or Performance, contact your personal fitness coach, Cerin Rees, for a free consultation!

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2. Fit for Life

A very common goal is to simply “tone up, lose weight and get a bit fitter”.

The reasons for this are many and varied, but include:

- Cant fit in the same clothes as you used to
- An upcoming event (holiday, wedding, reunion etc) and you want to look good
- Want a change in your life for the better
- Want to be able to do better in your job/hobbies



To lose weight, you need a calorie controlled, healthy diet (see our infosheet “*Introduction to How to Lose Weight*”).

To tone up, you need to use your bodies muscles more than you do currently (see our infosheet “*Introduction to How to Tone Up*”).

To get a bit fitter, you need to get out of breath for at least 30 minutes, more often than you do currently (see our infosheet “*Weight Training: Toning, size, endurance & strength*”).

For help getting the body you want, contact us at:

www.clwb-heb-enw.co.uk

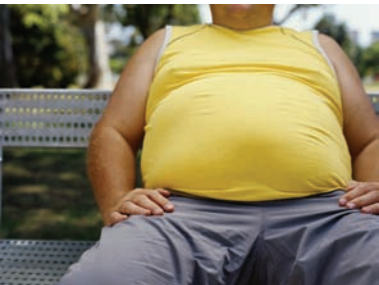
3. Fit for Performance

Sports/athletic performance is very competitive. So if you want to be good enough, you must be

1. Fit for Health

The World Health Organisation defines health as:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.



Two thirds of the adult UK population is now considered obese. According to figures from the National Audit Office, obesity can **take up to nine years off**

your lifespan. You are also far more likely to get many other problems, including:

- diabetes
- heart disease
- stroke
- osteoarthritis
- high blood pressure
- gallstones
- infertility
- depression

If you are suffering from any of the above, you have a very good chance of controlling or even improving your condition by simply having a more active lifestyle and improving your diet.

The short term symptoms of obesity include:

- Difficulty breathing when walking

- Uncontrollable sweating when doing daily tasks such as shopping etc
- Can't cope with sudden activity
- Feeling worn out most days
- Back and joint pains.

Some long term symptoms of obesity include:

- High blood pressure
- Heart disease and stroke
- High cholesterol levels
- Breast cancer in women
- Gall bladder disease
- Arthritis in the joints eg back, hips, knees and ankles
- Type 2 diabetes
- Reduced life expectancy.

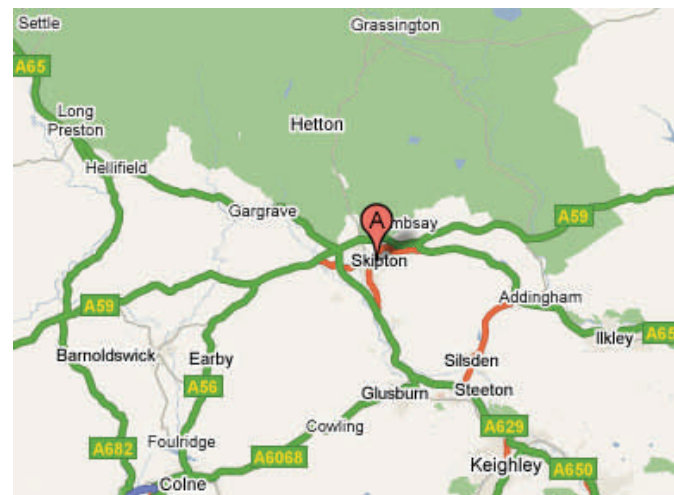
There are also psychological problems associated with obesity, including:

- Low self-esteem
- Low self confidence
- Feeling isolated in society
- Reduced mobility and independence leading to a poor quality of life.

Let us help you improve your health and quality of life at:

www.clwb-heb-enw.co.uk

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Contact Cerin Rees for:

- Progressive, fitness and strength training programmes from beginners to performance athletes
- Fitness Assessments
- Fitness classes
- Corporate Wellbeing programmes
- Shotokan Karate training

Tel: 07963 124685

Email: cerin.rees@clwb-heb-enw.co.uk

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