

## Frequently asked questions

### **Surely one to one Personal Training is more effective?**

It can not be denied that a one to one session with a Personal Trainer is the best method of reaching your health and fitness goals in the shortest amount of time.

That being said, one-to-one Personal Training is very expensive. Group Personal Training offers similar benefits at a much more affordable cost, and you have the motivation of other group members as well!

### **Won't I build big bulky muscles if I exercise with weights?**

No, you won't look like Popeye!

Women do not have enough of the male hormone testosterone to bulk up easily. Correct weight training produces toned, sleek, shapely muscles, not huge ones.

Women who incorporate strength training into their workouts increase their muscle mass. Muscle tissue is heavier than fat but takes up less space - approximately five times less space. So your weight may show the same on the scales BUT your shape will have altered dramatically. You will have "personally downsized"!

By this stage you will feel great and look fabulous!

And the best bit? Building muscle turns you into a Lean, Mean Calorie-burning Machine! Yes, it's true. Muscle tissue needs calories just to exist...when you have muscle, you burn calories at rest...even while watching TV or chatting on the phone!

### **Is there anything I can eat, drink or buy that will enable me to lose weight quickly?**

Yes there is, but it will be mainly water and muscle loss not fat loss and you won't look very toned or be very healthy.

Basically there is no shortcut to having a fabulous body. It takes time and some commitment.

## **ZEST FOR LIVING**

Carol Bartram (Dip.PT,IIHHT)  
Personal Trainer  
Pilates Instructor  
Massage Therapist

I am happy to answer any questions you might have about Group Personal Training. Please call me on either of the numbers below or Email me.

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I run classes mostly in the East Hull area, but if you have 8 people who are interested in Group Personal Training in some other area please call me and I'll do my best to arrange a class for you.

### **How much will it cost?**

Group Personal Training courses are run in 5 week blocks. You commit to attending 1 class a week and the cost per course is £100.00

*"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young."*

*Joseph Pilates*



## **Group Personal Training**

**Imagine losing one or more dress sizes without dieting - and keeping that weight off!**

**My One to One clients will tell you how effective Personal Training is. Let me show you how you can get the same benefits for around half the cost.**

**Shape your body...Shape your life**

**Carol Bartram (Dip.PT,IIHHT)**

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**Call now for details**

## Introducing Group Personal Training

Group Personal Training is a revolutionary new training concept that delivers all the benefits of having your own Personal Trainer but at a much lower cost!

Even more, we will teach you how to exercise safely at home - you can become your own Personal Trainer.

This system has taken me over two years to develop and I'll share all the secrets with you.

Proven exercise systems are combined with nutritional advice and motivational support. with lessons held at a local venue. Whether you have tried other methods of weight loss and failed to see long term results, or you are just starting to think about weight loss, this is the system for you.

### The benefits of Group Personal Training

- Improve your overall fitness.
- Exercise designed for maximum inch loss.
- Reach or maintain a healthy weight.
- Learn the right ways to exercise for you.
- Make the most of time available.
- Take charge of your fitness programme.
- Learn how to exercise correctly both at home and at the gym.

### Some of the things you'll learn

- The one thing you must change now if you are to get lasting results.
- Why dieting just does not work and what you really need to do.
- How by changing the way you think about your body you can stop sabotaging your fitness goals.
- Why counting points and weighing food can actually cause you to eat more!
- Why losing weight quickly can actually make you fatter.
- Why losing inches is ALWAYS better than losing pounds.
- Why buying shopping channel exercise gadgets doesn't shift the pounds.
- How to exercise at home without the cost of an expensive gym membership (if you prefer the gym we will teach you how to use it more effectively)

## Why should I consider Group Personal Training?

You've seen your weight yo-yo up and down for years. Nothing you try works for very long and you always seem to end up back where you started with your clothes feeling even tighter than before.

### Why should I train with Zest For Living?

Because your trainer used to be overweight and understands what it is like to be unfit and busy with work and family. I changed my lifestyle and my body shape by using the same techniques that I'll be teaching you. I reduced my size by 3 dress sizes and my weight by 32 lbs and have maintained that success for over 2 years. You can too!

### This programme works!

This programme is different from most other "Weight Loss" systems in that it actually works! It teaches you to coach your body through a process, a process that allows you to speed metabolism, develop functional strength and energy, and ultimately shed fat in a manner and at a speed that keeps you in control. Remember the truth is that **quick** weight loss is almost 100% guaranteed to result in a residual weight gain! We'll show you the three things you need to do to get the inch loss you desire:

- What to eat (Nutritional advice.)
- What to do (Exercise.)
- What to think (Motivation and Mental Fitness.)

Mental Fitness is the missing component to most weight loss systems. Group Personal Training includes powerful Mental Fitness techniques to motivate you. Remember; what you conceive and believe you can achieve.

We will teach you how to:

- Think yourself slimmer.
- Align what you want with what you think.
- Stop self-sabotage.

## Can I really lose lots of weight and keep it off?

Yes you can. Because I did! Once I discovered the truth about weight loss, stopped dieting, started exercising, ate correctly, and ignored all the hype and myth that the diet industry tell you I was successful in reaching my ideal weight and fitness level.

Let me teach you in a few weeks the programme which has taken me years as a fitness professional to develop. I'll let you in on the secrets and methods that will allow you to achieve the look you have always desired - and how to keep it.

### Don't do this programme if you're not committed to success!

Group Personal Training is **magical** but it is not magic! You do still need commitment to succeed. Remember, Rome was not built in a day so altering a lifetime of bad habits is going to take some time and effort. What I can promise you is this. If you follow my programme, you will get the body you deserve and because you will have made the many small and easily maintained lifestyle changes required, you'll keep the change too!

The fact is ... you can't change your body size without making changes!

### What are the benefits?

- Free one hour presentation entitled "The Truth About Weight Loss" to get you motivated.
- Maximum of eight people in a class.
- Exercises tailored for you that if practiced regularly will give you outstanding results.
- Nutritional advice.
- Weight loss and fitness myths exposed.
- Printed exercise instructions so you can easily and safely exercise at home.
- Printed articles.
- Motivational tips to help keep you focused.
- The knowledge you need to be successful.
- Free telephone and Email support.