

Introduction

Having discovered current fitness levels, areas of concern, goals (towards the “ideal self”) and any barriers to implementing a training / exercise programme, here comes the motivation! As we all recognise in business, if you make an appointment in the diary, you generally keep to it. A personal trainer meets you at an agreed time and location and takes you through your personal training programme ensuring an energetic workout at the correct intensity to help you reach your ultimate objective- the ideal you!

No longer is the excuse of not having time or the energy acceptable. Mr (or Mrs) Motivator will be there, to assist you with the attitudinal tuning we all need from time to time, and ensure a successful pathway towards a better existence.

We spend a great deal of time in business getting our brains around new systems, products and challenges but without the body in a healthy state we are generally running below par. What use is a fantastic mind if you are in bed ill?

Aim

Joking apart, this facility is designed to assist people, in a busy world, to live longer, be more productive and feel better. Initiating a company value of “Healthy body healthy mind” is being recognised as a way to invest in employees as well as improving company performance.

Benefits – to the individual

Despite the obvious benefits of feeling better, looking better, being healthier and having more energy the list is endless. Other benefits include:

- Improving the ability to deal with stress
- Being more confident
- Having a personal trainer to share ideas and thoughts with- confidentially.

Benefits – to the organisation:

- A healthier and more productive workforce
- A reduction in illness related days off work
- An energetic workforce

Who Should Attend

The course is designed to meet the needs of all individuals who wish to work towards a better “self”.

