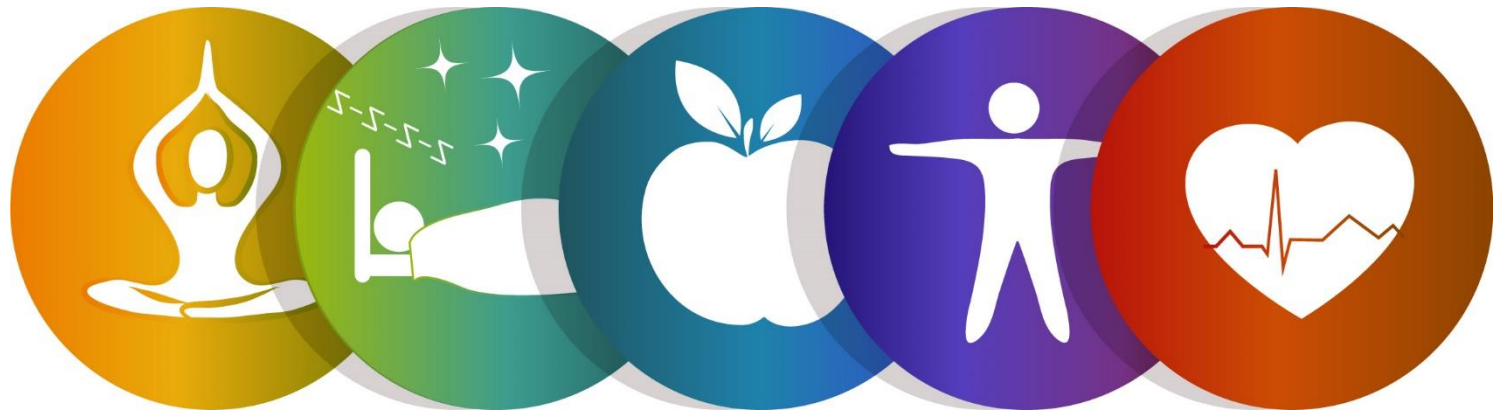


Enhance Health & Fitness

Health Performance Nutrition



Personal Training. Specialising in health, fitness, performance, nutrition and body transformation plans .

ARE YOU READY TO ENHANCE YOUR BODY, FITNESS AND HEALTH ?





life changes

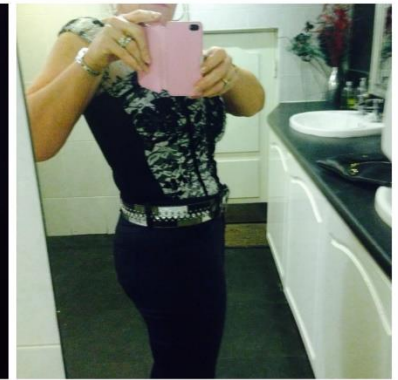
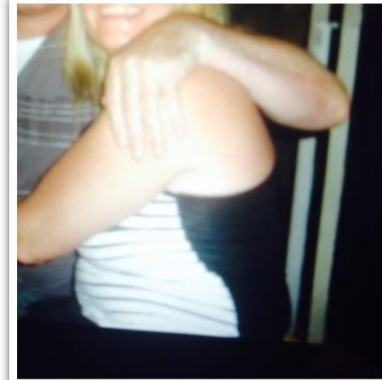
TESTIMONIAL

It's a journey



Body transformations

TESTIMONIAL

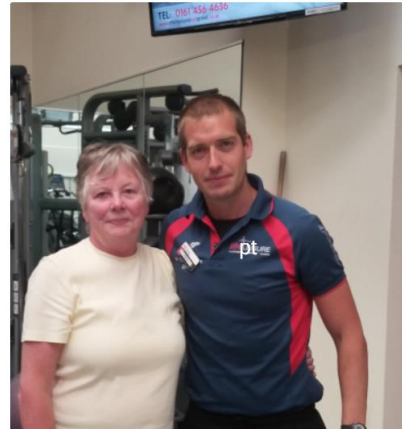




PERFORMANCE



GP EXERCISE REFERRAL



TESTIMONIAL



HEALTH AND WELLBEING



ABOUT ENHANCE HEALTH & FITNESS

• Vincent Araujo – Personal Trainer

• Qualifications

- Level 5 Advanced Sports & Exercise Nutrition
- Level 4 Personal Trainer
- Level 4 Cardiac Rehab (BACPR Phase IV)
- Level 4 Obesity and Diabetes
- Level 4 GP Referral
- Level 4 Back Pain Management
- Level 4 Postural Stability (falls prevention)
- Level 4 Cancer Rehab
- Core Stability & Functional and Sport Specific Training
- Level 3 Fitness Management
- Level 3 Weight Management
- Level 3 Training in Different Environments
- Level 3 Child Nutrition Certificate
- Level 2 Vibration plate Trainer
- Level 2 Kettle bell instructor
- Group fitness -Keiser Spinning -Circuit Solutions
- First Aid Qualified -Defib Qualified



13 Years Experience



WHAT WE WORK TOGETHER ON



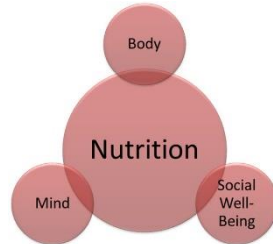
HOW WE WORK WITH YOU



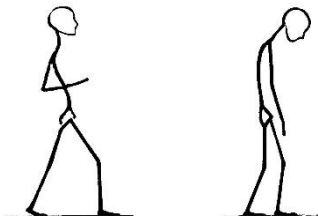
Goals reached – Educated to continue improving health, fitness and wellbeing!



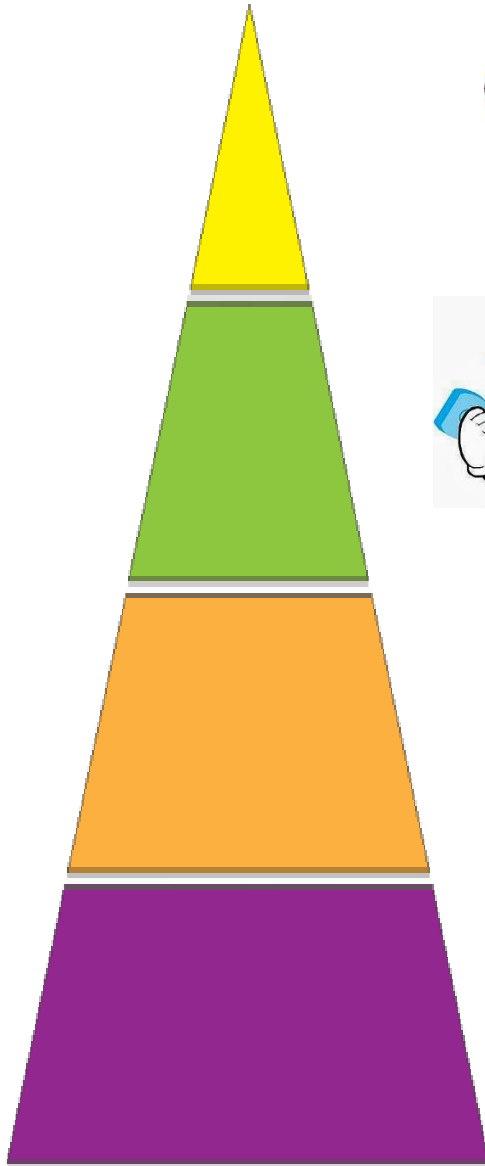
Feeling fitter , more energy – Better recovery – Sleeping patterns -Confidence - Body image changes – Health improvements



Structured exercise plan – Lifestyle factors – Nutritional advice – Managing stress



Goal setting - Posture - Exercise technique – Muscle imbalances - Energy levels – Eating habits – Sleep patterns - Body measurements



FREQUENTLY ASKED QUESTIONS

Enhance health and fitness is:

- A: It's a variety of coaching and training methods depending on your overall goal and current situation. From 1 to 1 sessions to group training we have the program and support for you.
- Encouraging changes in you're eating and exercise habits with help from an expert coach.
- After 13 years in the fitness industry as a coach, I've seen diet and exercise fads come and go that's why we don't follow fads. Instead, we've carved our own path, testing and continuously updating our methods.

Enhance health and fitness includes:

- A structured nutrition program to help keep you consistent.
- A guiding hand every step of the way to give you feedback, make adjustments to your program, and keep the progress coming.
- Personalized training programs, customized to your skill level, goals, and time available.

Q: How often do you accept new clients?

- A: We only open our doors and accept new clients a few times per year for our training services— while general nutrition and training coaching is available in a limited capacity

Q: Who is Enhance health and fitness suitable for?

- A: For men and women who want to get in the best shape of their lives—for the rest of their lives. It's also for people with busy schedules who want personal accountability, and a coach to help keep them consistent and on-track.
- The main focus of the programs is to strategically help you improve your eating and exercise habits—all within the context of your day-to-day life. We don't give you a crazy diet or exercise program to follow; instead, we help our clients build the habits they need to get results that last forever

Will Enhance health and fitness work for me?

- A: If you follow our recommendations and stick with us then yes, you will get results. But you have to commit to making small strategic changes in your life. That's something no one ever likes to admit about getting in better shape: it takes hard work, time, and determination. Changing your body isn't easy, but it is possible.
- Want to lose weight? Eat better? Feel less stressed? Get more sleep?
- Once you make the commitment to get in better shape, we'll be with you every step of the way.

Q: Why coaching? Can't I just pick up a diet book? Or read some online articles for free?

- A: If you take an honest look at your life—and at the lives of the people you most respect and admire—you'll notice something interesting. As human beings, we're rarely ever transformed by reading more books or articles. Or from watching a documentary. Or from taking a class.
- Instead, most transformative change happens through a real relationship with another human being—usually a coach or a mentor.
- Sure, you can try another diet book or read a few more articles, especially if you love thinking about exercise and nutrition. If you get great results with those tools, we applaud you.

Q: I'm a beginner with a lot of weight to lose. Will this work for me?

- A: Yes. We've worked with lots of people who are new to exercise and healthy eating. Remember, we were all beginners at some point.
- What you'll notice is that our clients come in all shapes and sizes, are all ages, and come from all different backgrounds.

Q: I'm NOT a beginner. Will enhance health and fitness work for me?

- A: Lots of our clients have 5+ years of experience, but we can all learn something new

Q. How much will this cost me?

- We offer a few different packages depending on what your needs are. Some people are looking for a bit of guidance and others either desire or need much more direction, support, and accountability from me.

SO - ARE YOU READY TO IMPROVE YOUR HEALTH, FITNESS AND WELLBEING ?



- *Are you feeling dedicated ?*
- *Are you motivated?*
- *Ready to make a change?*

**LET ENHANCE HEALTH & FITNESS HELP YOU
REACH YOUR BEST TODAY**

Enhance Health & Fitness

Health Performance Nutrition



For a free consultation or more information visit our website.

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TEL: 07905905489

LET'S GET SOCIAL



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