

#### INJURY REHABILITATION

Recovering from an injury can often be a challenging process. At **pro-active** we can help not only in the rehabilitation of strength and function but also in regaining focus on a manageable training programme.

#### STRESS MANAGEMENT

Regular exercise has been shown to be key in effectively managing levels of stress and anxiety as well as boosting serotonin levels thereby improving general wellbeing and happiness. And of course, making sure a solution is sustainable is vital, so at **pro-active** we'll tailor a plan to suit your busy lifestyle.

#### FAST-TRACK PROGRAMMES

Whether it's dropping a dress (or suit) size for your wedding, a swimsuit size for the beach or getting in shape for a charity run, if you want to lose weight, get fitter, or just feel better by a set time, we can help. Enrol in a **pro-active** fast-track programme and together we'll reach that goal safely and on time.



#### SPORT SPECIFIC TRAINING

Maybe your tennis serve needs attention or perhaps your golf swing isn't quite up to scratch. Whatever your sport, by understanding your physiology, **pro-active** can improve the form and function of your body and help fulfil your sporting potential.

## Call now for your free consultation

There's no obligation, just a friendly chat about you, your needs and how we can get you started on achieving your goals.

**Simon Dodd BSc**  
Personal Trainer & Nutrition Consultant

m 07779 298978

e [simon@pro-activepersonaltraining.co.uk](mailto:simon@pro-activepersonaltraining.co.uk)

Register  
of  
Exercise  
Professionals  
REPS Level 3 Qualified



PUBLIC LIABILITY  
INSURED

premier  
QUALIFIED

active  
NVQ Levels 2 + 3

EFA + TRAINING  
First Aid Qualified

**pro-active**  
PERSONAL TRAINING  
FITNESS NUTRITION WELLBEING



Bringing out  
the best in you

# Your goals taken personally

**pro-active** Personal Training has been helping clients for over ten years in providing bespoke health and fitness services. By combining progressive training techniques, nutrition consultancy and motivational strategies we provide carefully considered yet practical solutions that deliver real results.

And of course when we talk about Personal Training it's exactly that: personal. Whether it's fast-track fitness, weight management or injury rehabilitation, our programmes are tailored around you, your lifestyle and your goals.

## Our services include:

### 1-TO-1 PERSONAL TRAINING

The ultimate in health and fitness consultancy, **pro-active** Personal Training programmes are carefully designed around the individual. A comprehensive evaluation of a client's current fitness levels will form the basis of a carefully tailored solution.

With influence drawn from many disciplines, the **pro-active** approach combines functional strength training, cardiovascular work and core training in order to maximise a client's potential. Whether at your home, in the garden or your local park, by working together we can constantly adapt a training programme that ensures your goals are reached quickly, safely and efficiently.

### WEIGHT MANAGEMENT

'Losing weight' is a common goal among clients and there are real benefits in achieving this. In addition to a general improvement in health and wellbeing, losing weight can boost self-confidence and provide the all-important motivation to continue improving fitness. At **pro-active** we will help dispel the often unhealthy myths surrounding this subject and provide safe, effective advice and training methods to produce tangible results.

### NUTRITION CONSULTANCY

Whatever a client's health and fitness goals, a good nutrition plan plays a vital part in achieving them. We understand that tastes and needs differ greatly, therefore with the assistance of a fully qualified chef, **pro-active** can devise and implement plans that are not only effective but enjoyable, and most importantly, sustainable.

### CORE STABILITY TRAINING

The movement of the body is based around its core and so improving the strength and stability of this core is vital in any effective exercise programme. Therefore most training techniques employed at **pro-active** incorporate some degree of core stability training. In addition we can concentrate core training to focus on the functional strength and toning of specific areas of the body such as 'bums, tums and thighs'.

### GROUP TRAINING

Many of our clients prefer the social and motivational benefits of training in a group. If you're a group of friends or colleagues looking to exercise together or an individual looking to join an existing session, group training can provide a regularly affordable solution.

