

JAMES MATTHEW BAKER

PROFESSIONAL FITNESS TRAINING

M: 07884 431 373

E: info@jamesmatthewbaker.com

www.jamesmatthewbaker.com

PRE-WEDDING FITNESS

Selecting a dress that will make you look and feel great is an important first step. Get toned arms, shoulders and back, with perfect glowing skin for a glamorous wedding look. Plus, lean abs, hips and thighs for your dream wedding honeymoon! All this can be achieved with my pre-wedding fitness and diet programs.

I will provide you with a consultation, which will include body composition recordings. Health, personality and nutritional questionnaires will be issued to you each month as these factors all affect your general health. By changing these will increase your ability to manage stress and help tailor the programme to meet your personal needs.

A progressive weekly training schedule will be co-ordinated by me specifically for your individual requirements. This will be combined with specific nutritional and supplement guidance for your body shape to noticeably change, giving you a more sculpted and shapely body.

By the end you will see a slimmer and more confident reflection in your mirror with better skin tone, plus more energy and an improved sense of well-being.

£45 per session.

Discounts available for block bookings on request.

IT'S NEVER TOO LATE TO BEGIN!