

# JAMES MATTHEW BAKER

PROFESSIONAL FITNESS TRAINING

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## WELLNESS

Wellness is only complete when it covers physical, psychological and spiritual dimensions. My approach will help transform your personality, forever.

Effective exercise is one of the best physical stress-reduction techniques available. Exercise not only improves your health and reduces stress caused by unfitness, it also relaxes tense muscles and helps you to sleep. My holistic training sessions will ensure your stress management levels are controlled, controlling your breathing and gaining you maximum self-confidence.

The benefits of taking a holistic health approach to your exercise are numerous. Not only do you get the benefits of traditional workouts (positive changes in strength, flexibility and cardio fitness), you also improve your emotional and spiritual health. Holistic health means attending to every part of your being - mind, body and spirit – in equal measures.

My encouragement and expertise will help you feel more energised and less exhausted by balancing your mind and body. Postural correction and core stability will make life in your workplace easier. Exercise can cause release of chemicals called endorphins into your blood stream. These give you a feeling of happiness and positively affect your overall sense of well-being. Your fitness level, diet, personality and ability to manage stress all affect your general health. I will provide you with questionnaires in a one on one consultation with you, which assess all of these factors to help focus on your needs.

£50 per session.

*Discounts available for block bookings on request.*

**IT'S NEVER TOO LATE TO BEGIN!**