



GET KiNETiC

Welcome to Get Kinetic.

My monthly support & accountability programme for people living with long-term pain and fatigue; offering expert guidance, personalised targets; flexible plans & supportive, empathic coaching to help you improve your energy balance, pain levels and overall health.

All led by me, Kirsty
An experienced coach
who understands life
with pain & fatigue
first hand.



Who is this for:

If you suffer from chronic pain and/or fatigue – whether for unknown reasons or for the following conditions; this programme is made for you:

- Fibromyalgia
- Rheumatoid Arthritis
- ME/CFS
- Post-cancer fatigue
- MCAS / Histamine intolerance
- Sarcoidosis
- Lupus
- Hypermobility / Ehlers-Danlos Syndrome
- Chronic back pain
- Long COVID



Why it works:



I know from **personal experience** that no 2 days are the same when it comes to balancing pain & fatigue.

So I have created this flexible plan to help you stay consistent & achieve targets even on the tough days.

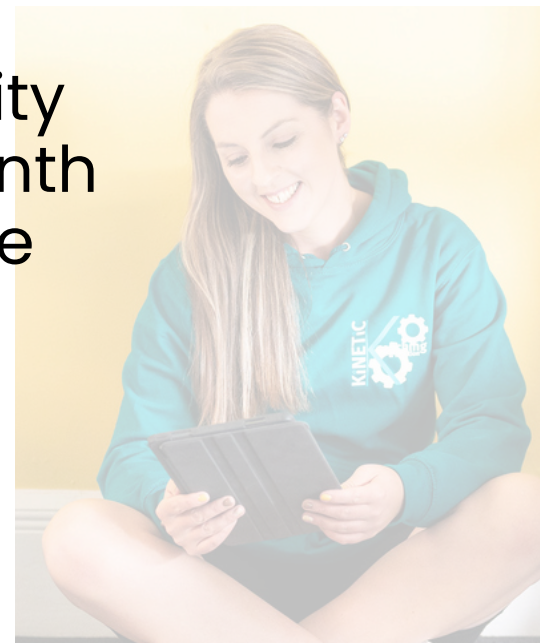
- Sustainable, **realistic targets** with coaching support that helps you build confidence, strength & a lifestyle that works for you
- Designed by an empathic **chronic pain & fatigue specialist**, using science & evidence backed methods.
- Supporting you to push forward with **improved** activity levels, nutrition and mindset **without overwhelm** or unrealistic expectations
- Regular contact with your coach to keep you supported, consistent & accountable
- Tailored to meet you at your current ability with **flexible targets** to keep you consistent even during flare ups
- Structured weekly focus across the month to prevent overwhelm & help you focus your efforts in the right places.



What's involved:



- Personalised movement & nutrition targets
- Gentle exercise sessions to complete at a time that suits you
- Regular contact with your coach throughout the week in the WhatsApp group – this is not just an app!
- Weekly progress review, self reflection and Q&A session
- Monthly group coaching call hosted by your coach
- Resource library: pacing, fatigue, nutrition, movement & more
- Flexible targets using my traffic light system, so even a tough day can be a good day
- Regular workshops
- Supportive online community
- Accessible price: £59 p/month
- Optional add on – 30 minute 1:1 coaching call

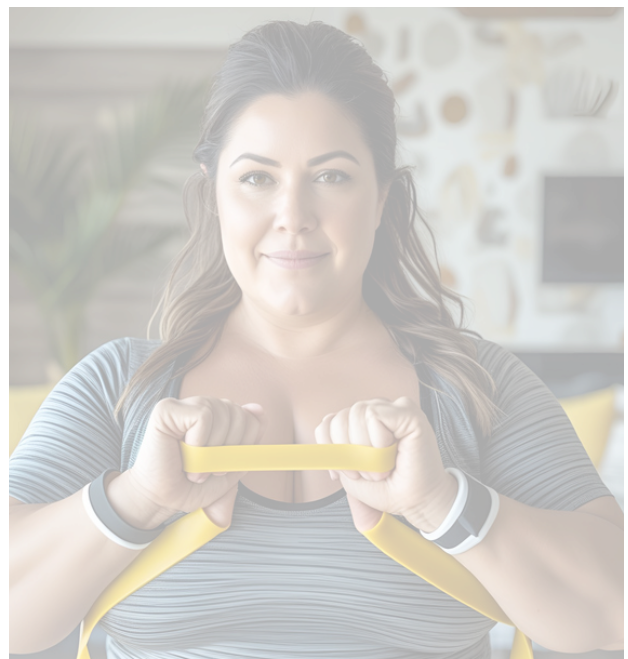


What changes can you expect to see?

This programme comes with a lot of side effects!

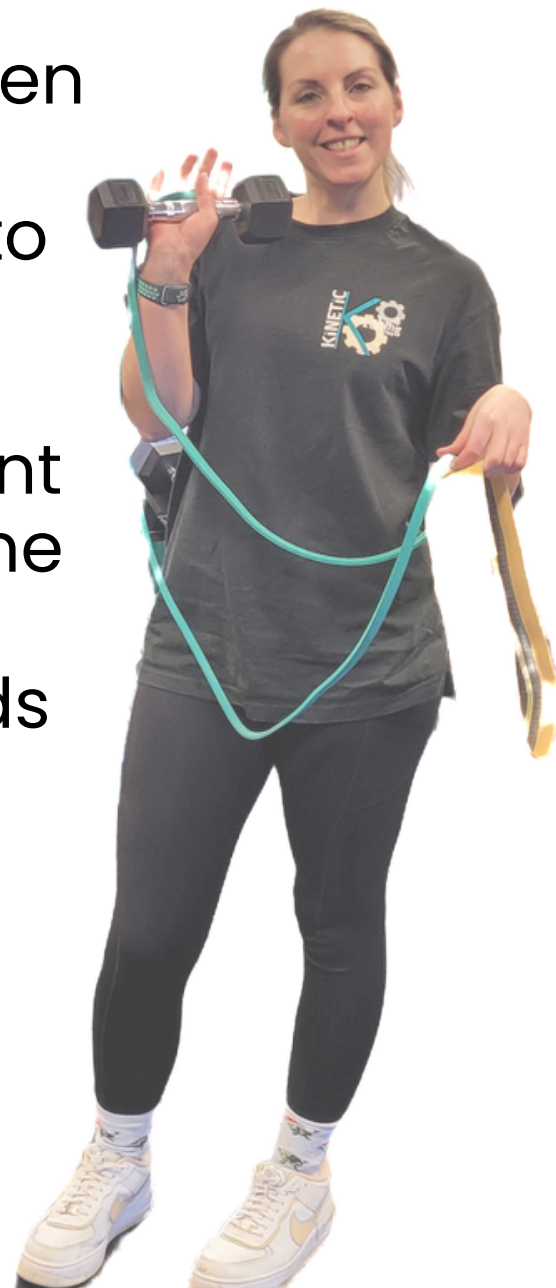
These include **improvements** in:

- Nutrition – bringing weight loss where applicable
- Balanced, improved energy levels
- Mood & outlook
- Mobility & flexibility
- Pain levels / frequency
- Confidence / self esteem
- Independence and control over daily activities
- Focusing on what you CAN do, not what you CAN'T do
- Feel good factor from improving your own health & helping others in the group.



What you'll need to take part:

- An 'All or Something' attitude that says "I'll do what I can"
- A commitment to **try**, & to reach out to the group when you struggle, & when you win!
- A willingness to **learn** & to **improve** your self – **physically & mentally**
- Empathy, encouragement & **support** for others in the group
- Optional – exercise bands for using at home



Don't just take it from me!

CLIENT FEEDBACK

	When I first came to you	→	Within 6 months
Back pain –	9/10	→	1/10
Turning over /			
getting out of bed	9/10	→	1/10
Floor to standing	8/10	→	2/10
Low mood	7/10	→	1/10
Low confidence	7/10	→	2/10

"After only a few months, the difference is incredible!
I am pain free, gaining flexibility & strength, & really enjoying the sessions."

"I feel confident that my body can do things."

"Can't rate any higher, works on all goals not just body.
Definitely positive vibes.
Listens to your input and adapts to what your body needs."

"How small improvements can make a massive difference with day to day movements"

How do I join?

Click '**Apply here**' to complete a short application form.

[**APPLY HERE**](#)

I will be in touch within 24-48 hours to discuss if this is the right programme for you & get you set up, ready to go!



You can also listen to Episode 67 of my podcast The Kinetic Couch for more info:

[**SPOTIFY**](#)

[**APPLE**](#)

The
**KINETIC
COUCH**

If you are looking for more tailored, **1:1 support**, please click '1:1 enquiry' below

[**1:1 ENQUIRY**](#)