

KINETIC COACHING & NUTRITION

- Lower Back Pain Exercise Specialist
- Personal Trainer
- Nutrition & Weight Management Coach
- Lifestyle, Habit & Mindset Coach



Bricks

**My 6 week process to take you from confused, frustrated and hitting the F##k it button weekly...
To achieving fat loss, strength gain and confidence; with results that last.**

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Working on your foundations to help you:

- Move away from the yo-yo diets & quick fixes
- Build strength and / or lose weight
- Understand and improve your nutrition habits, whilst still being able to socialise
- Work on not letting your body image define your worth
- Enjoy the process, making it much easier to keep your results for the long term

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What you can expect from me:

I want you to win. I want you to finish this process feeling so proud of your progress and your investment in yourself that you are absolutely fired up to continue the work to keep feeling and looking your best

- Weekly personal review
- Support and accountability
- Nutrition guidance
- Realistic targets and goals
- Client resource library to help you with every aspect of the journey
- Habit and mindset work

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What I expect from you:

Take action.

Do the mindset work that I will send you when you sign up, and enter in to this process believing you can do it.

Yes you will be able to live your life and enjoy yourself, but some changes will be needed and I need you to commit to them.

The work we do in these 6 weeks will set you up with routines, habits and understanding to continue forward making progress towards your goals.

Most importantly -

Reach out when you are struggling so I can help you and we can continue making progress.

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What you'll need:

For the strength training sessions either:

- Gym membership
- Dumbbells / kettlebells and bands to train at home

For everything else:

I need you fired up & ready!

To go Back to Bricks & build some solid foundations for your body & mind.

Results: Click to see my testimonials on my [Website](#) or [Instagram](#)

Sign up