

Thank you for showing an interest in what goes at my Health & Fitness business.

This document is designed to give you more information about what we do to help you make the best decision.

At Jamie Stedman Health & Fitness we do things differently, there's no big scary machines, no mirrors everywhere you look, no nightclub like music.

We specialise in working with male and females over 40 to help them fit exercise and staying healthy into their busy career and family lives.

We have a small private fitness studio to train with your coach and likeminded people trying to get a little bit fitter and a little bit healthier.

Every session is led by Jamie or one of his team of coaches so no hiding!

We aren't a big commercial gym which is only happy if you keep paying your direct debit each month.

We make YOU accountable, this isn't a 'come when you like' program. This is your answer to health and fitness the EASIEST way.

Here's what we offer.

These are the most popular personal training packages, if they don't quite suit your needs then get in touch and we can design a bespoke plan just for you.



Revitalise Programme (1-1)

This is the ultimate package, it's a **12 week program** and ideal for those who like the 1-1 interaction and the personal focus on their progress.

Here's what you get:

- **Initial consultation and lifestyle screening**
- Body and nutrition analysis
- **Full fitness assessment to see your current level**
- 2 x 45 min sessions a week with Jamie or one of the coaches
- **Fun workouts where every exercise has a purpose**



- Paperback copy of Jamie's cookbook 'Eat Yourself Healthy – 100 Recipes' as well as accompanying meal plan and guide to help you stick to your plan
- **Weekly food diary feedback**
- Nutritional deficiency and supplement need assessment
- **Fortnightly body assessment and progress check**
- Private studio for the session
- **Discounted sports massage and supplements**
- Starter pack (T-shirt, water bottle & bag)
- **Online program to carry on in your own time**
- FREE Access to coaching workshops
- **Constant support from your very own personal trainer**

This program is truly life changing.

Cost: £250 every 4 weeks

Sessions will be at a fixed time slot decided between trainer and client but FLEXI option available if needed.

Revitalise Programme (Semi Private)

For those looking to train in a small group, a great place to meet likeminded people and have fun while you train. You will be training in a group of 4-5.

We have groups running throughout the week Monday-Saturday (mornings/days/evening), you will be informed of the exact times by Jamie.

Here's what you get:

- **Initial consultation and lifestyle screening**
- Body and nutrition analysis
- **2 x 45 min sessions a week with Jamie or one of the coaches**
- Fun workouts where every exercise has a purpose
- **A great and relaxed atmosphere to train at**
- Digital copy of Jamie's cookbook 'Eat Yourself Healthy – 100 Recipes' as well as accompanying meal plan and guide to help you stick to your plan
- **Weekly food diary feedback**
- Access to member only facebook group
- **Discounted sports massage and supplements**
- Discounted and priority access to coaching workshops
- **Starter pack (Water bottle & bag)**
- Online program to carry on in your own time



- **Discounted weekly slimming club where you get nutrition plan, educational book and 4 x recipe books**
- 14 Day Detox Plan to improve your health and prime your body for weight loss (if that's your goal)
- **Constant support from your very own personal trainer**

Finally crack how to enjoy exercise and use food to make you feel better long term. This program WILL change your life for the better both for you and those around you.

Cost: £160 for first 8 weeks and then £79 a month if you continue (most do!)

Online Only

Personal training not for you? Or maybe you don't live close enough.

With my online coaching packages you can get trained and guided by me from anywhere in the world.

90 Day Online Weight Loss Program

Benefits of an online program:

- Email/skype support to all your questions
- No appointments to keep
- Train when you want, where you want and for how long you want
- Training programs designed exclusively for your goals
- Exercises and daily nutrition plan all set out for you
- Programs easily adapted to suit you as you progress

What you will get:

- 90 Day Plan split into 3 x 30 day cycles
- 7 day preparation plan to get you ready to start losing weight
- 3-4 different workouts a week
- Regular contact with me throughout
- A detailed food diary with 3 meals a day and snacks to stick to
- Access to members only area on the website to login and keep track of your progress
- Access to new members only content each week including recipes, articles, posters
- Access to private exercise library showing you how to perform the exercises in the program
- Regular progress reports as you journey through the program
- New healthy recipes throughout the plan
- The chance to learn more about exercise, nutrition, rest, relaxation, health, motivation and loads more
- A results page showing before and after pictures (if you want) and full results from your program once you are done
- A personal experience from wherever you are in the world

Cost: £99

<http://www.personaltrainerllanelli.co.uk/index.php/register/thankyou?pid=0A6E651FAE>

Cookbook

Just interested in learning a bit more about nutrition and want to know some healthy and easy to make family recipes?

You can try my recipe book:

‘Eat Yourself To Health – 100 Recipes’

The cookbook contains:

- Quick and easy breakfasts to get your day off to the best start
- Simple smoothies for when you’re in a rush
- Lunches which will turn heads in the staff room!
- Delicious dinners which will feel like a naughty treat
- Desserts which are packed full of goodness and not loaded with unhealthy sugars
- Full calorie and macronutrient content for every meal plus before and after pictures

It’s the real deal

[Go here to purchase your copy for just £8.99:](#)

<http://www.personaltrainerllanelli.co.uk/cookbook/>

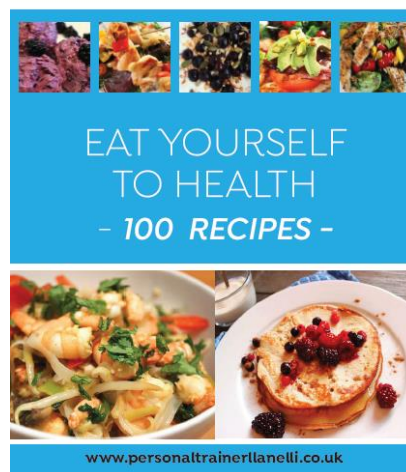
Why Train With Us?

Over the past 10 years I’ve seen people waste their hard earned time and money on gym memberships, bootcamps and crash diets and get zero results in the long term. I know plenty of people who’ve lost 10 stone, problem is it’s the same stone 10 times.

It’s time to do it the right way, it’s time to nail the exercise side and get control of your eating freeing up your time for the more important things in life such as family and friends. Members can’t believe how easy it is once it clicks.

It’s More Expensive Than A Gym Membership

JAMIE STEDMAN
Health & Fitness



Absolutely it is, if you haven't been to the gym does the gym manager call you to see where you've been? As I said one of the biggest factor which leads to more success in our plan is the accountability. You have your training slots and we expect you to be there. If you miss a session we give you access to a free slot in another session and/or home workouts to do instead. Value wise this program could be the best money you ever spend, what better way to spend your money than on your own health.



What Other People Say

Clare: *'I love the motivation Jamie gives us. He always knows our limits and how to push us past them to maximize the workouts. I come away from every session with him feeling fresh, strong and ready to kick ass!'*

Diane: *'I have been training with Jamie for 8 weeks and already I have seen such a difference. My energy levels have increased and I feel so much better, I am steadily losing weight, my body fat percentage is going down and I can see my shape changing, I really enjoy the workouts, they are always varied and you can work to your own limits. I would recommend the sessions to everyone.'*

The Studio

I don't have big unnecessary workout kit. We use our own bodyweight, steps, dumbbells, kettlebells, gym balls to get the best out of our workouts, trying to target all different muscles and elements of fitness. No two sessions are the same.

The Trainer

Jamie has been training clients since 2011 at his studio in bynea. He has a degree in sports science and is a fully qualified strength and conditioning and cardiac rehabilitation instructor with many more qualifications to his name. Jamie uses his good people skills to get the best out of his clients and create both a challenging but friendly and relaxed training atmosphere to make clients want to come back again and again.

Any more questions then please just get in touch.

Email: info@jamiestedman.co.uk

Phone: 07815509874