



THE WEDDING FITNESS COMPANY
IN FITNESS AND IN HEALTH...

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The Pink Ribbon Package

Call 0800 0351 550 to book this package

This package is designed to help you on your way to achieving your 'wedding day goals', whether it is to drop a dress size, to be a picture of youth and vitality, to have toned upper body and arms or be brimming with confidence.

The pink Ribbon contains:

- Six personal training sessions
- Three Nutrition and lifestyle coaching sessions
- The Wedding Fitness Company Home Exercise Kit

Price - £999 inc VAT



Personal Training:

The Wedding Fitness Company is pleased to offer an exclusive personal training service. The Wedding Fitness Company offers tailor made fitness solutions for the bride and grooms to be. At your convenience one of our highly qualified personal trainers will meet you for a series of invigorating workouts, specifically designed for your needs and goals, which will leave you feeling completely energised and looking the perfect part for your big day.

The Wedding Fitness Company Home Exercise Kit:

This home exercise kit is compact and light. You will learn how to incorporate functional exercises into an exercise routine. Your trainer will show you how to use your equipment.

Wellness Assessment and Nutrition and Coaching

Your Nutrition and Lifestyle assessment is a series of detailed questionnaires based on profiling your current eating and life habits. Here at The Wedding Fitness Company we really place the emphasis on lifestyle changes as the real key to long term change.

Our comprehensive wellness assessment is followed up by three nutrition and lifestyle coaching sessions, so that you are looking and feeling your best for the big day.

The wellness assessment combines a series of questionnaires to give us a comprehensive understanding of the areas we need to work on, whether it is your digestion, stress levels or eating patterns, we will have a road map for perfect health, so that you are looking and feeling your vibrant best.

The nutrition and lifestyle coaching sessions will empower you to keep on top of your eating patterns, which is essential for you looking your best on the big day.

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