



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

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## The Silver Ribbon Package

Call 0800 0351 550 to book this package

The bride who not only looks good but feels good is the one who looks truly amazing. To really shine the secret is to work both at the physical level as well as the emotional level. Wedding preparation can be a stressful time full of challenges.

Being able to maintain a healthy balanced diet and a structured physical routine is vitally important, but what most people don't realize is the extent to which your emotional state drives you behaviour. This package offer a premium holistically balanced and integrated approach to maintaining a stress free, happy, fun and healthy lead up to your wedding day. So not only will you physically look great but you will shine from the inside out.

The Silver Ribbon contains:

- Physical Assessment
- Personal Wellness Assessment
- Three Nutrition and lifestyle coaching sessions
- The Wedding Fitness Company Detox Challenge
- 12 personal training sessions
- The Wedding Fitness Company Home Exercise Kit

Price - £999 inc VAT



## **FURTHER INFORMATION:**

Our Silver Ribbon clients begin with a comprehensive assessment which includes a detailed analysis of your current physical state, nutritional profile and lifestyle habits:

### **Physical Assessment:**

We focus on how your body operates on a functional level, including muscle balance/imbalance, postural and movement analysis and core function testing. The information from this assessment will enable us to develop a physical profile for you and a sophisticated and individualized exercise programme to help you reach your goals.

### **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.

### **The Wedding Fitness Company Detox Challenge**

After your assessment you will begin your programme, starting with a Three Week Detox Challenge. This is an elimination diet plan which will help you re-establish supportive eating habits by removing the toxins from your body. This can play a huge part in the transformation of your body.

### **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.

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