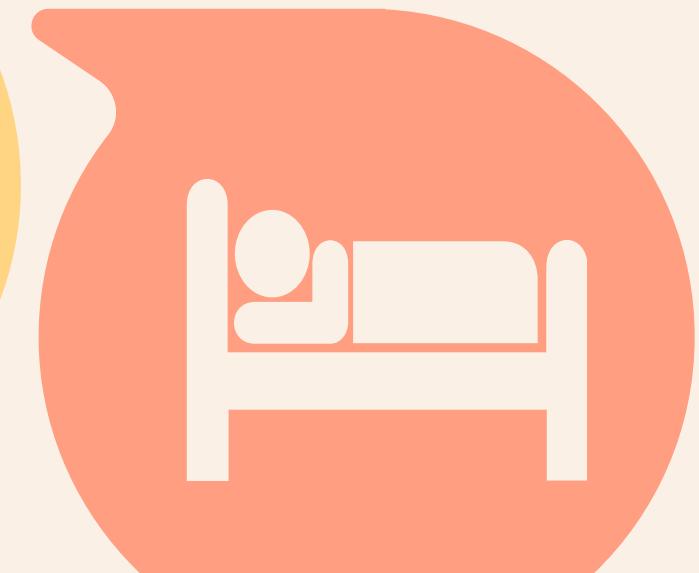
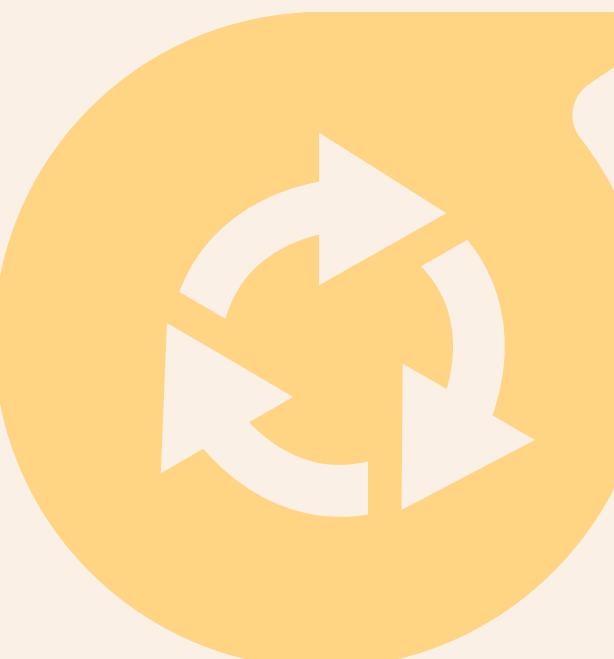


12 WEEK ONLINE FITNESS & NUTRITION PROGRAMMES



FITNESS IS ESSENTIAL



What Are the Benefits of Exercise?

- ✓ Assist you in maintaining your weight
- ✓ Reduce your chance of developing heart disease
- ✓ Assist your body in controlling blood sugar and insulin level
- ✓ Assist you in stopping smoking
- ✓ Improve your mental and emotional health
- ✓ Reduce your risk of falls
- ✓ Improve your chances of living a longer life



LIZ SHORE
PERSONAL TRAINER
ADVANCED MENOPAUSE COACH
MENTAL HEALTH FIRST AIDER

PROFILE

I am a female personal trainer, specialising in women's health and fitness. I work with clients aged 35+, focusing on women's health concerns, reaching that mid-life milestone, and turning it to your advantage.

The qualifications I hold are recognised by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), the leading professional body for the UK's sport and physical activity industry, so you're in safe hands.

AIMS



01

Build a Consistent Fitness Routine

- Help you develop sustainable workout habits.
- Provide structure and guidance to make exercise part of your lifestyle.

02

Promote Safe and Effective Fat Loss

- Use progressive workouts to increase calorie burn and improve strength.
- Combine exercise with simple nutrition strategies for long-term results.

03

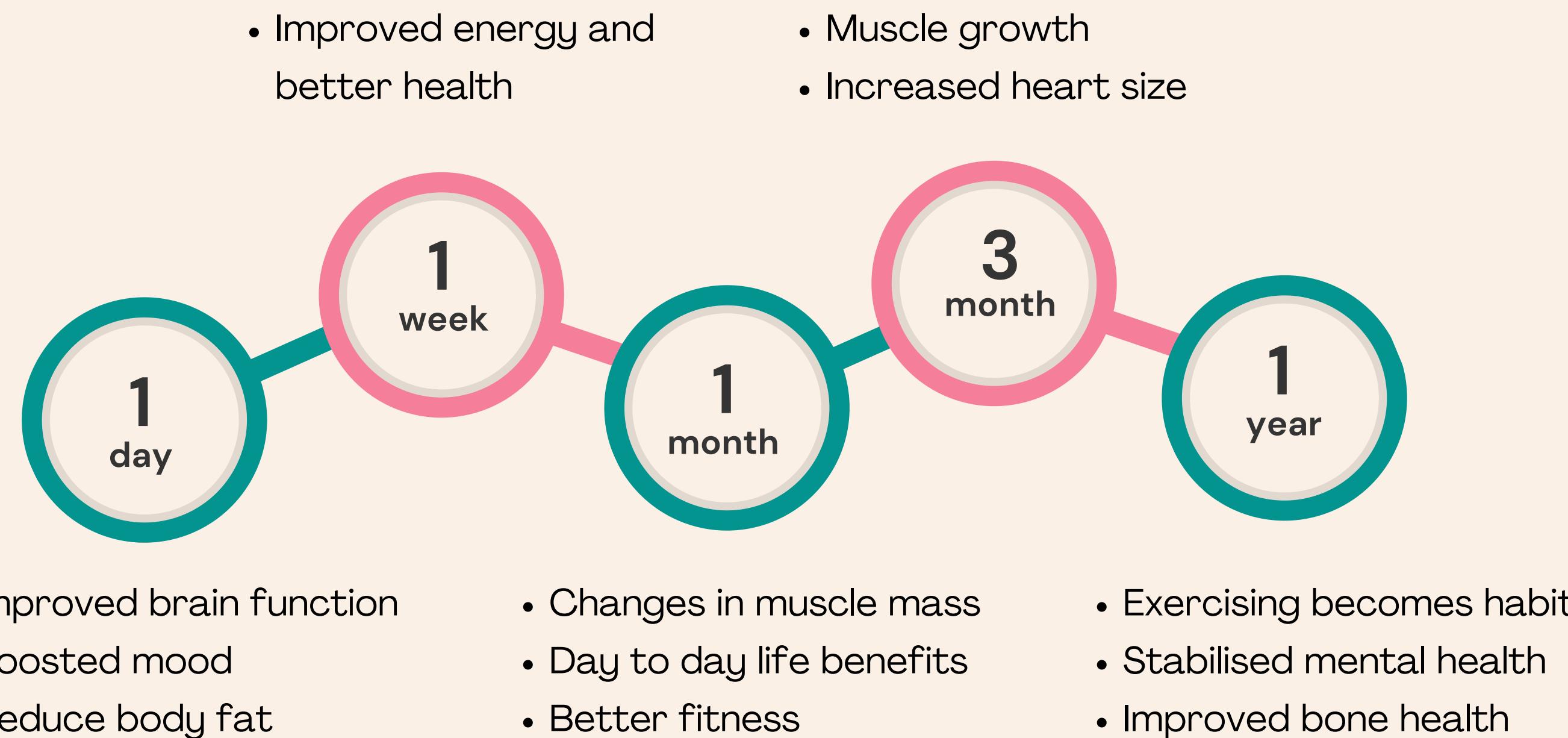
Improve Strength, Confidence, and Overall Wellbeing

- Teach proper movement technique to reduce injury risk.
- Increase energy, mobility, and body confidence through gradual progression

TIMELINE

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Let's take a look at how your body will change once you start exercising!



PLAN AND PRICING

PAGE 06/08

01

£575.00

12 Week Programme - Fitness & Nutrition

- Consultation
- 12-week structured workout plan
- Access to Everfit client app
- Exercise demonstrations & instructions via App
- Weekly progress tracker
- Access to private Facebook support group
- Nutrition guidelines, meal & snack swaps, meal plans & shopping lists
- Online chat support via App

02

£450.00

12 Week Programme - Fitness only

- 12-week structured workout plan
- Access to Everfit client App
- Exercise demonstrations & instructions
- Weekly progress tracker
- Access to private Facebook support group
- Online chat support via App

03

£199.00

Nutrition guidance only

- Initial consultation
- Five day food diary task
- Analysis & feedback
- Portion control guide & hand method
- Healthy meal examples & snack swaps
- Progress tracker document
- Access to private Facebook support group



CLIENTS SAY:

PAGE 07/08



Liz told me about the different programmes and I chose a 12 week course to do at home. Liz sent me a link and I found it easy to sign up. The App is brilliant and simple to follow (from someone that's not tech savvy).

Pam Webber



Not only has Amanda gained a new found knowledge & confidence in the gym; she has also seen fantastic results with inches lost on her waist & hips whilst building lean muscle on her arms, shoulders, back, glutes & quads supporting her running.

Amanda Barron



READY TO START?



07579783402



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www.lizshorefitness.com



[@lizshorefitness](https://www.instagram.com/lizshorefitness)