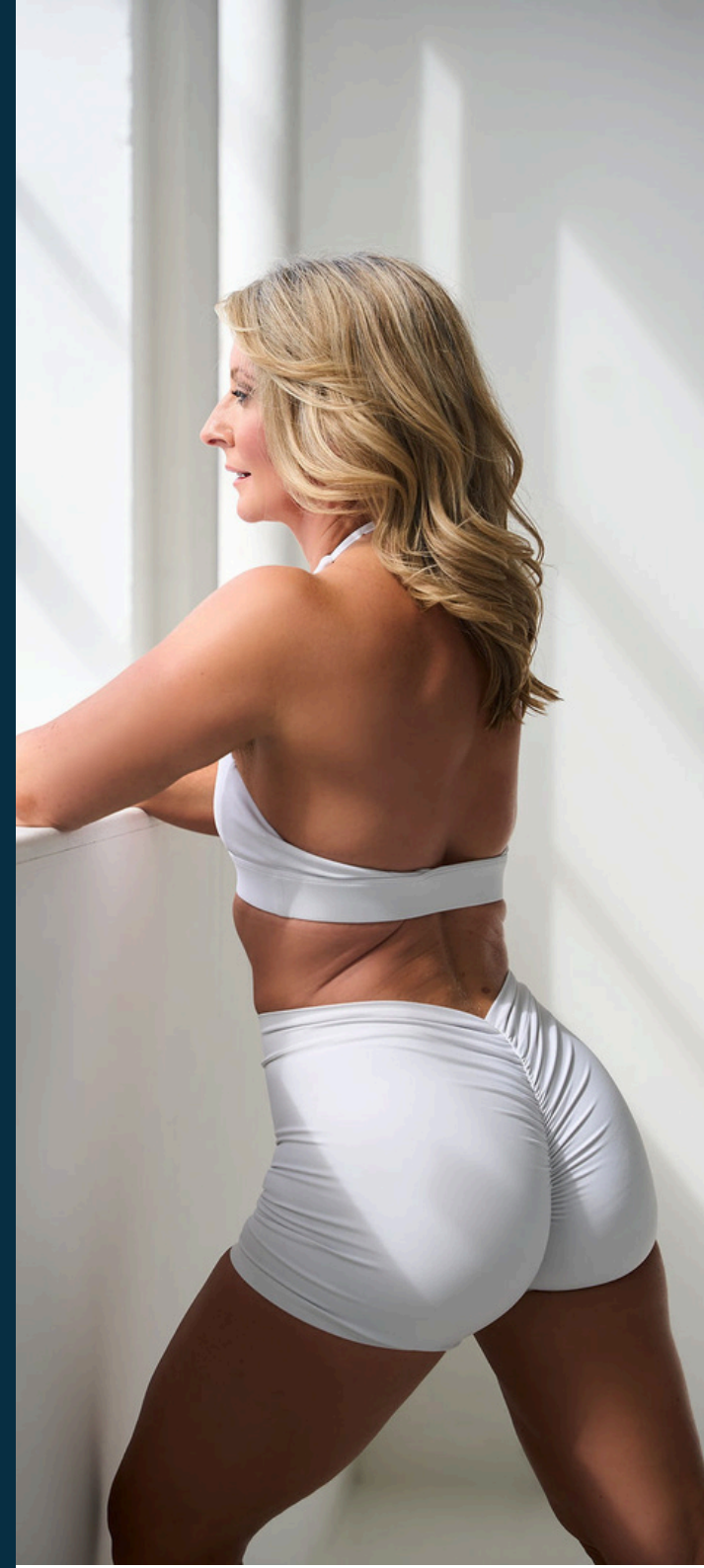


ALISON KILGOUR COACHING

Fitness & Lifestyle Coaching

Bespoke coaching for busy professionals who want stronger bodies, better energy and healthier habits.

Data-Driven Intelligent Coaching



FITNESS & LIFESTYLE COACHING



FAT LOSS.
STRENGTH.
BETTER ENERGY.
MORE CONTROL.

66%

of adults in the UK are
overweight or living with
obesity

Source: British Heart Foundation,
Cardiovascular Disease Statistics 2026

You know your health deserves attention, but knowing what to do and finding a consistent way to do it are different things. Meetings run over, travel interrupts your routine and another busy week leaves you promising to start again on Monday.

Fitness & Lifestyle Coaching combines a bespoke online programme with personal coaching through the 1Fit app. Training, nutrition and lifestyle habits work together, giving you a clear plan and ongoing support to make progress around your career, travel and commitments.

You receive a bespoke programme shaped around your starting point, goals, available time and circumstances. Regular feedback helps you understand what is working, where you need to adjust and what deserves your attention next.

WHAT IS IN IT FOR YOU?

You gain a clear route towards your goals, whether that means losing fat, building strength, improving energy or feeling more confident in your body.

Your training and nutrition have a purpose, with personal feedback to help you make informed choices and stay consistent through demanding weeks.

Progress is reviewed through changes in your body, strength, habits and wellbeing, so the scales are only one part of the picture.

27%

of UK working adults
reported sleep issues in the
previous 12 months.

Source: CIPD Good Work Index 2025.

FITNESS & LIFESTYLE COACHING

“Progress should become something you can recognise in your body, your capabilities and the way you manage your week.”

When energy and consistency are difficult to maintain, your sleep and recovery deserve attention alongside training and nutrition.”



FITNESS & LIFESTYLE COACHING

WHAT YOU RECEIVE

A clear plan, personal feedback and support to follow through.

BESPOKE TRAINING AND NUTRITION

Your programme reflects what you want to achieve and what you can realistically manage. You know what to do, how it supports your goal and where to focus your effort.

EVERYTHING TOGETHER IN THE 1FIT APP

Your workouts, nutrition and recipe resources, progress data and check-ins are brought together in one place. You can see your programme and look back at your progress without managing several disconnected systems.

REGULAR COACHING AND ADJUSTMENTS

Weekly check-ins and feedback give us the opportunity to review how things are going. If travel, workload or circumstances change, we adjust the approach so you can keep moving forward.

INTELLIGENT ACCOUNTABILITY

You have clear expectations and someone paying attention to your progress. We look at the patterns behind a difficult week and agree practical actions that help you follow through.

HOW WE MEASURE THE DIFFERENCE

Depending on your goals, we track weight, body measurements, strength, training consistency, energy, sleep, mindset and recovery. This gives you a fuller picture of progress and helps guide the next decision.



Why work with Alison?

Professional fitness and nutrition training is combined with experience of demanding commercial careers, bringing an understanding of why your health plan needs to work around professional life.

HOW TO GET STARTED

We discuss your goals, starting point and the support you need. You see your coaching roadmap before you commit, then begin with your bespoke programme, weekly check-ins and ongoing feedback.

BOOK A
CONVERSATION

EXPERIENCE THAT UNDERSTANDS THE REAL WORLD.

Alison Kilgour brings nearly three decades of experience in property, construction and business, alongside professional coaching, fitness, nutrition and mental health training.

Her background includes building a business, winning work, negotiating deals and leading teams in demanding commercial environments. That experience shapes coaching which understands professional responsibility, competing priorities and the need for advice people can put into practice.

Qualifications, Specialist Training & Memberships

- Level 3 Diploma in Personal Training
- Level 3 Pre & Postnatal Exercise & Nutrition
- Menstrual Cycle & Menopause Exercise/Nutrition
- Mental Health Awareness & First Aid
- CIMSPA - Member (MCIMSPA)
- Association for Coaching Member
- BSc Quantity Surveying

“I coach people
who carry a lot.”

Across all three services, the approach follows the same principles.

REAL LIFE FIRST

Your training, habits and development need to fit the life or business you actually have.

DATA, NOT GUESSWORK

Track what matters, understand what it tells us and use the evidence to guide your next step. Progress is measured, not assumed.

INTELLIGENT ACCOUNTABILITY

Clear expectations, honest conversations and consistent follow-through, with adjustments when circumstances change.

You receive personal attention, practical direction and a clear connection between the work you put in and the progress you are aiming for.



OTHER COACHING SERVICES

OTHER COACHING SERVICES

Support for you, your people and your business.

CORPORATE WELLNESS COACHING

Bring wellbeing into the working week.

Your people deserve support that lasts beyond wellness week.

Practical workshops, leadership coaching and ongoing programmes help your workforce build healthier habits, manage their energy and recovery, and make wellbeing part of how your business operates.

CHOOSE THE SUPPORT THAT FITS.

Start with your own health, extend support to your workforce or develop your team's commercial capability. Each service can stand alone or work alongside the others, with a clear purpose, agreed goals and meaningful measures of progress.

BUSINESS DEVELOPMENT COACHING

Develop your next generation of rainmakers. Help technically capable people become commercially confident professionals.

Workshops, development programmes and individual coaching build the skills to make connections, develop client relationships and recognise opportunities, with clear goals and practical actions that contribute to winning work.



FREQUENTLY ASKED QUESTIONS

GOT QUESTIONS? I HAVE ANSWERS.

WHO IS FITNESS & LIFESTYLE COACHING FOR?

Busy professionals who want to lose fat, build strength, improve energy or develop healthier habits, with a clear plan and personal support that fit around their career and commitments.

CAN SERVICES WORK TOGETHER?

Yes. Each service can stand alone or form part of a wider engagement, with an agreed purpose and outcomes for each area.

HOW DOES ONLINE FITNESS COACHING WORK?

Your bespoke training programme, nutrition resources and progress information are delivered through the 1Fit app. Weekly check-ins, personal feedback and programme adjustments help you stay consistent and respond to changes in your routine.

DO I NEED ACCESS TO A GYM?

No. Your programme can be built around a gym, home training or the facilities available when you travel. We discuss your equipment, available time and goals before deciding what will work best for you.

WHAT HAPPENS WHEN WORK OR TRAVEL DISRUPTS MY ROUTINE?

Weekly check-ins help us identify what needs to change. We adjust the approach around your workload, travel and circumstances, helping you maintain consistency through demanding weeks.

HOW WILL WE KNOW WHETHER IT IS WORKING?

We agree your starting point, goals and relevant measures, then review progress at agreed intervals and adjust the approach where needed.

WHAT DOES IT COST AND HOW LONG DOES IT TAKE?

Bespoke Fitness & Lifestyle Coaching is £189 per month, or £149 per month if you sign up before January 2027. This is the full coaching service, including your personalised training programme, nutrition and lifestyle support, weekly check-ins, feedback and ongoing adjustments. We discuss your goals and realistic timescales, and you see your coaching roadmap before you commit.

AK On Demand is £24 per month for access to workout programmes through the 1Fit app, refreshed every month. It suits people who want a structured training plan to follow independently, without personal coaching, nutrition support or check-ins.



ALISON KILGOUR COACHING

BOOK A CONVERSATION

Let's discuss what you want to change, whether that means losing fat, building strength, improving energy or feeling more confident in your body.

We will explore your goals, routine and the support you need, then outline your coaching roadmap and investment before you commit.



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