

StoneleighFit

Health - Performance - Fitness

LifeFIT – for a healthier, more enjoyable and longer life

A sustainable lifestyle improvement program devised by professionals who involve you in developing the best for you. Sustainable!

Our professionals are of the highest standard with great experience

Healthcare professionals, Nutrition specialists and Fitness professionals combine to develop for you a program of NUTRITION CONTROL AND EXERCISE that can work safely with your current health and fitness condition. It will improve your lifestyle fitness. With you we will develop a program you will enjoy undertaking and is practical in your daily life

We will not shout you out of bed at 5.30am, feed you minimally, exercise you hour after hour and finally congratulate you on a 5 day weight loss 'miracle'. That is classic Yo Yo

YOUR LifeFIT program will work for YOU because you are involved in its design to ensure it includes nutrition and exercises that you enjoy and can fit into your daily life.

Why do we emphasize that we involve you? In the words of very wise *Benjamin Franklin*

"Tell me and I forget, teach me and I may remember, involve me and I learn"

Why do we involve the best professionals? Simple words from another very wise man –

"I am easily satisfied with the very best" – Winston Churchill

CLINICIANS – Clinical Director - Cameron McVitie of UltraMedix www.ultramedix.co.uk working together with health professionals will give you full health check especially related to your current health and fitness level and your ambitions.

NUTRITION – in Matt Lovell [Elite Performance Nutritionist] and his business partner Gavin Allinson [Chef extraordinaire] you will be with the best



Matt is best known for his work with performance sportsmen.

Studied Nutrition at Institute Optimum Nutrition, London.
Worked in Harley Street, specializing in elite sports, female hormonal health and body composition management

Matt is currently the Sports Nutritionist for Manchester City, Tottenham and for the England Football team. He helped the **England Rugby Team** through 4 World Cup cycles, and the **UK Athletics squad** prepare for the 2012 Olympics.

Gavin is a Chef and a personal trainer plus. He knows nutrition must be enjoyed. As Matt's operating partner in **The Four Week Fat Loss** program his recipes will ensure you can enjoy preparing and eating food that will work for you!

EXERCISE – Program Director – Chris Ross BSc (Hons). Together with the highly qualified and experienced staff at Stoneleighfit we will help you find what is right for you – what you will keep doing because you enjoy it.



Internationally recognised Strength & Conditioning Professional with extensive knowledge and experience of developing elite athletes across a spectrum of sports. UKSCA, NSCA, ISAK, NASM and BWLA accredited.

Proven track record of delivering high quality support in a results orientated high performance environment, encompassing support to multiple key UK organisations and Governing Bodies.

Lecturer, module leader and consultant for undergraduate and postgraduate courses at two Universities in the Midlands. Mentor and coach within national S&C community. Renowned for elite support delivery and injury rehabilitation to athletes from over 50 mainstream, disability, summer and winter sports.

Professional qualifications and achievements

UKSCA Accredited Strength & Conditioning Coach
NSCA Certified Strength and Conditioning Specialist
ISAK Level 1 accredited anthropometrist
BWLA Accredited Coach
NASM Performance Enhancement Specialist, Certified Personal Trainer
TPI Certified Golf Fitness Instructor
SAQ P Award
PALS athlete mentoring accreditation

Having represented GB and with numerous phases of rehabilitation from major injuries Chris understands that nothing beats hard work and that with a solid foundation you can achieve great things. With us leading you through progressive, structured and individualised support programs we'll make sure that effort gets rewards!

MOTIVATIONS - Jamie Holder the director at Optimize Performance Ltd. He specializes in confidence and winning mindset coaching to improve football player performance on and off the field. He works with senior professionals down to children as young as 10 years old.

<http://optimizeperformance.co.uk/>

In life style improvement sometimes the going can get tough. Jamie will warn you about what you might face as you go forward and will give you ideas how to deal with it.

Bonus! - our clinicians and nutritionists are also highly qualified fitness professionals.

All activities take place within great private and safe facilities.

OUR FACILITIES: perfect for purpose

Indoors - A high quality gym with an extensive range of equipment. www.stoneleighfit.com

Outdoors – 800 acres of nature surrounding the National Agricultural Exhibition Centre (formerly the Royal Showground).

Indoors - outdoors – try a huge range of exercises. **Find what you enjoy!**

Indoors – all forms of bodyweight and free weight exercises, ropes, agility bars, balance balls, fitballs, elastic resistance, suspension straps, ball games, primal movements, boxercise, kettle bells, spin bikes, rowers, treadmill, cross trainers, Yoga – all this and more waiting for you.

Maybe you want to try the endless pool - Non swimmer? Weak swimmer? Want to swim better? Or perhaps Aquarobics may be for you? The LifeFIT program includes **3 Swimspace sessions** <http://www.theswinspace.com/>

Outdoors – interval walking, jogging, running, cycling, roller blading, boot camp session

Physically you will immediately start to rebuild your core strength and fight the posture effects of sitting, driving, travelling and the constant use of laptops and smart phones!

The LifeFIT Program options

THE INTENSIVE ONE DAY PROGRAM maximum of 6 participants per day
Health MOT, nutrition advice, exercise advice and try-out sessions. 9am to 6pm. Group of 3 - £600. Individual £250.

THE PLATINUM PROGRAM – Monday am to Friday afternoon 12 days later. 11 nights stay
You will leave with your own program and you will already be **seeing** how it is working for you

THE GOLD PROGRAM - Friday evening to Wednesday evening, 5 nights stay
You will leave with your own program and you will already be **feeling** a significant difference

[Platinum program - £1550 Gold program - £900](#)

Each program starts with a full current Health MOT and nutrition discussion - meal prepared by you under the watchful eye of Gavin Allinson. Be surprised at how many really tasty food choices are good for you and easy to prepare!

Convenient, tasty, inexpensive – a sustainable nutrition plan

Exercise starts with a short presentation outlining the focus of different exercise formats – then into action - Indoors or outdoors according to weather. We do not want colds!

You stay in twin rooms in Stoneleigh Park's excellent Lodge, the hotel next to Stoneleighfit Gym

<http://www.stoneleighparklodge.com/>

Supplement for single room Platinum £300 Gold £160 – the twin rooms at the Lodge are excellent

When you have completed the Platinum or Gold LifeFIT program you are enrolled into the LifeFIT private members group and invited to join Matt Lovell's forum.

*Maintain contact with your new friends. Encourage each other. Exchange experiences. **Sustain it!***

TOP UP? - LifeFIT members can come back for 1 day or more top up exercise sessions – or just for pure enjoyment! – days £90. If overnight add £100

For more information contact tereza@stoneleighfit.com or **Iain Exeter 07808 789597**

DAY 1

7.00PM **Welcome and Introduction to the Consultants, the staff and the program.**

7.15PM **DINNER**

8.00PM **PRESENTATIONS**

* Why it is so important for you to understand the importance of bodyfat and not be so concerned with the scales. What your personal Health MOT will tell you

Cameron McVitie

Chris Ross, Matt Lovell Gavin Allinson

* The principles of how exercise and nutrition can control body weight and body fat.

Jamie Holder

* How to keep going when it gets tough. Why it is so important that you are involved in finding the nutrition and exercise plans you can enjoy

DAY 2

TYPICAL DAY

Wake up, walk over to the gym for coffee, stretch and flexibility warm up. Days plan (can change from the example below according to the make up of the group and the weather conditions)

6.30AM

7.00AM

45 mins run and walk. How to increase the physical effect/benefits and really enjoy it!

7.45 - 8.00AM

Quick shower

8.00 - 8.30AM

Breakfast - Think of choices according to your day. EAT TODAY FOR ENERGY!

8.30 - 9.00AM

Discuss the food to be purchased in the Supermarket for Day 2 dinner and Day 3 lunch

9.00 - 9.30AM

PERSONAL TIME - these activities are part of your lifestyle

Exercise - doing it. Games, Gymnastics, Walking, Running, Resistance Training, Agility, Flexibility, Balance, Mountain biking, Roller blading, Short tennis - Ball games, Obstacle Race training - **the only reason to exclude any of these is if you don't enjoy them - DO THEM, YOU CAN!**

9.30AM - 12.00PM

Shower, prepare lunch together. Enjoy lunch. **PERSONAL TIME**

12.00PM - 2.00PM

2.00PM - 5.00PM More exercise including swim training/aquarobics (learn to swim!), Yoga and Pilates
5.30PM - 7.00PM To the Supermarket
7.00PM Prepare Dinner as a group

DAY 3

Wake up, walk over to the gym for coffee, stretch and flexibility warm up. Days plan (can change from the example below according to the make up of the group and the weather conditions)

6.30AM
7.00AM 45 mins run and walk. How to increase the physical effect/benefits and really enjoy it!
7.45 - 8.00AM Quick shower
8.00 - 8.30AM Breakfast - Think of choices according to your day. EAT TODAY FOR ENERGY!
YESTERDAY'S EXERCISE EXPERIENCE - how did you find it? Developing any likes? Any surprises?

8.30 - 9.00AM
9.00 - 9.30AM **PERSONAL TIME - these activities are part of your lifestyle**
Exercise - doing it. Games, Gymnastics, Walking, Running, Resistance Training, Agility, Flexibility, Balance, Mountain biking, Roller blading, Short tennis - Ball games, Obstacle Race training - **the only reason to exclude any of these is if you don't enjoy them - DO THEM, YOU CAN!**

9.30AM - 12.00PM
12.00PM - 2.00PM Shower, prepare lunch together. Enjoy lunch. **PERSONAL TIME**
2.00PM - 5.00PM More exercise including swim training/aquarobics (learn to swim!), Yoga and Pilates
Join the Stoneleighfit members circuit class/obstacle race training session. If you are not confident in the gym now you will be before you leave **because you will know what you are doing and you will be doing the things you enjoy. We believe training in groups is the most beneficial fun, see what you think**

5.30PM - 6.30PM
7.00PM **Off to the Pub** - either a traditional or gastro pub for dinner. How to enjoy your evening without slowing the lifestyle improvement you have started - it is possible!

DAY 4 Repeat day 2

DAY 5 Repeat day 3