



Get personal

Want to change your lifestyle?

The Fitness & Lifestyle Company offers individual personal training in the privacy of your own home. Every client receives a bespoke programme to ensure that you reach your personal health and fitness goals as well as the support of fully qualified trainer, nutritional coach and Channel M expert, Emily Hogarth.

- ✓ Effective, stimulating and up to date health and fitness training and advice.
- ✓ Tone up, lose weight and achieve your personal goals.
- ✓ Custom designed exercise and diet plan.
- ✓ Six-week nutritional courses are available.
- ✓ Home works outs, boxing, strength training and yoga.
- ✓ Special packages to prepare you for your big day.
- ✓ Free lifestyle consultations are available in the Cheshire and south Manchester region throughout October.



The Fitness & Lifestyle Company

07899 966 352

www.fitnessandlifestylecompany.com