

THE BENEFITS



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NEW YOU!

Following our unique approach will have the following primary benefits:

- Significant reduction in body fat;
- Significant increase in lean muscle mass;
- Slimmer and leaner figure;
- Improved health with reduced risk of heart disease, stroke, diabetes, obesity, lower back pain, osteoporosis and many more conditions;
- Increased energy;
- Reduced stress levels;
- Improved sleep patterns;
- Improved general wellbeing.



6 WEEK HEALTH AND WELLBEING PROGRAMME

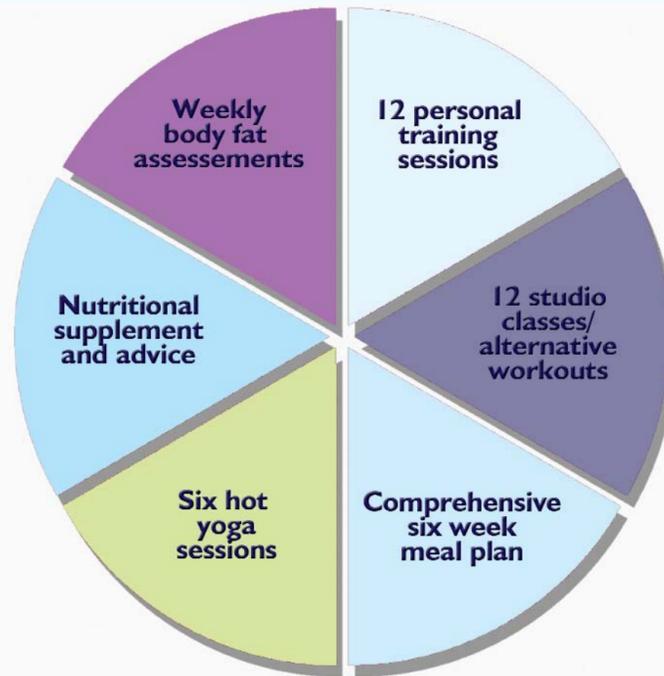
SIX WEEKS TO A NEW YOU!

Introduction

The most dynamic, professional, results driven and comprehensive six week health and wellbeing programme has arrived at Platinum Gyms!

Are you looking to reshape, tone and build muscle? Improve your health and wellbeing? Are you looking to reduce the risk of chronic disease? Are you looking to change your life for the better?

Six weeks is all it will take with Platinum Gyms six week NewYou! Health and Wellbeing Programme. This is not a six week crash diet where the weight you lose goes back on in week 7; but you can expect to lose significant weight and body fat. The programme will introduce major changes to your eating and training habits, and ultimately your lifestyle.



This programme will create a NewYou!; but crucially, the programme will help you make sustainable benefits that are for the long term.

WHAT'S INVOLVED?

The Platinum Gyms NewYou! programme is a comprehensive six week training and healthy eating plan designed by a team of professionals with a wealth of knowledge and expertise.

The NewYou! Programme includes:

- Initial body fat assessment, with weekly fat assessments (using callipers) in each week of the programme;
- A comprehensive 6 week healthy eating plan;
- 12 personal training sessions with dynamic workouts for maximum results;
- 12 studio classes (or alternative workouts);
- 6 hot yoga class to help you detox and stretch;
- The supplements necessary to induce a reduction in body fat and increase in lean muscle mass;
- Ongoing nutritional advice and guidance via a dedicated email address nutrition@platinumgyms.ie.

All of this is included in the price and is certain to shape a **NewYou!**



THE DETAIL

Initial Nutritional Consultation and Body Fat Assessment

On your first visit you will be presented with a comprehensive 6 week nutritional plan. The plan has been formulated in a way that gives you the best chance of achieving the results you want. It will set out what you should eat every day for the full six weeks and has the right combination of nutrients and vitamins to ensure a significant reduction in body fat and increase in lean muscle mass.

You will also have an initial 10 point body fat assessment to get an accurate body fat reading and identify problems with your diet and/or lifestyle.

Weekly body fat assessments in each of the 6 weeks thereafter will track your progress and enable us to take corrective action if necessary.

Six weeks of personal training

Your 6 week programme includes two personal training sessions each week. You will be guided through a detailed six week training system. The workouts will follow a resistance based training approach, with high intensity interval training also forming part of each workout.

Studio classes/alternative workouts

You will have the choice of attending two pre-booked studio classes or performing an alternative workout between your personal training sessions.

6 week meal plan

You will be given a comprehensive 6 week meal plan. It is absolutely critical that you follow the diet in order to guarantee results. As they say 'it's not what you do in the gym in that one hour that's important, but rather what you do in the other 23 hours!'

You can email nutrition@platinumgyms.ie or contact your trainer at any stage for nutritional advice or to discuss any aspect of your programme.

Hot yoga

Your 6 week plan includes 6 hot yoga sessions, i.e. one each week over the course of the programme. This will help you unwind, stretch your muscles and detox your body.

Supplements

You will be provided with the necessary supplements to help you achieve your goals. These supplements have been carefully chosen and are of the highest quality.

Follow up consultation process

We are committed to ensuring that any gains that you make are for the long term. We will therefore provide you with a simple meal plan to follow after completion of the programme. In addition, we will continue to offer on-going nutritional information via the nutrition@platinumgyms.ie email address. Further, you can always talk face-to-face with an instructor in the gym at any stage.

What we need from you?

Only you can ensure that the programme is successful. We will provide you with everything you need to get in shape and transform your life, and we will do our best to push and guide you through the programme. However, the success of the programme depends ultimately on your commitment, discipline and application to the programme.

Good luck!

