

personal training introductory offer



Taking the full one-to-one package is advisable so that we can get you on the right path to a long-term fitness regime. You will get support from your personal trainer at every step of the way. Here's what to expect:

1) Initial consultation

You'll meet Anna, Founder of We Are Fit Attitude to discuss:

- what you want to achieve and why
- your lifestyle, health and exercise history

Together we'll agree realistic goals.

We'll do a short fitness test – nothing to be nervous of, we promise! And we may take a few body measurements (height, waist, chest, etc).

Then we'll set about creating your personalised fitness programme.

2) Diet and nutrition

To support your health, energy, moods and metabolism, we offer diet and nutrition advice. Together we'll go through your current diet and recommend changes to your diet, set goals and assess your progress on a weekly basis.

This is an optional extra for One-to-One full packages.

3) Getting active!

Over the 6 weeks, we'll meet up each week for a one hour workout session. We will discuss how you're getting on and make any necessary adjustments.

4) Tracking your progress via Wafa Virtuagym

You'll have access to 'Wafa Virtuagym', our online fitness app. Here you'll be able to access your personalised workout plan – it can be used when you are exercising outside our weekly sessions. The programme will be written based on what exercise equipment you have access to.

The app allows us to track your activity and progress.

Only available as part of the One-to-One full package.

5) Ongoing support

We are here to monitor your progression and support you through your journey – especially when times get tough. If you have any concerns or questions about your plan or progress, we're here to help.