



DEFINITION

LIFESTYLE & FITNESS

Anything is possible...

Personal Training

The Definition personal training philosophy is simple:

Support + guidance = results!

The focus is 110% on the client at all times.

Want to get the most from your training?

A Definition personal trainer will help you reach your goals by designing a safe and effective workout especially for you. Your personal trainer is a source of motivation and encouragement, and a resource for the latest information on health and fitness. Your Personal Trainer can help you fit exercise into your schedule and teach you how to make the most of your time.

Whether you want to make changes to your lifestyle in general, lose weight, increase your fitness, improve your posture or even train for a specific event, our male and female trainers will tailor your programme and get you the results you want to see!

From weight loss to muscle building, injury rehabilitation to cross training, regular fitness enthusiast to couch potato; our expert trainers will give you the support, guidance and motivation you need to meet and exceed your goals.

Don't know exactly what you want?

Book a free consultation with a Definition trainer today to help provide focus and define your future, and start making the change...



Pilates

Steve Dowse and his Definition instructors hold the highest qualification in Pilates (Level 3). They are REPS level 3 qualified and this is the highest level held in the fitness industry.

Steve Dowse Pilates Schools operate in various locations whether it is in the Definition studio / Village Halls / Sports clubs or at your place of work!

Classes are aimed at all levels from beginners to the advanced. They are progressive and challenging and a range of equipment is available to keep the classes varied and fun.

Steve's motto of "Anything is possible" means that if you participate in one of the classes you will always get the results you want to achieve!.

Here are some of the benefits to Pilates:

- Creating an evenly conditioned body and preventing sports injuries
- Eliminating chronic back and neck pain and preventing re-injury
- Encouraging more efficient respiratory, lymphatic and circulatory systems
- Developing a strong core - flat abdominals / trimmer waist and a strong back
- Reshaping your body - you'll stand taller and look leaner
- Improving balance and co-ordination skills
- Faster Return to pre-pregnancy figure
- Reduced tension, fatigue and stress.
- Greater strength and muscle tone.

Book your place today at one of Definitions Pilates venues...



Boxercise

Boxercise combines aerobic and anaerobic energy systems in a manner that not only ensures a diverse workout, but also enhances sports specific senses, including hand-eye co-ordination, balance and timing.

It is the best stress buster around. It is considered one of the most effective forms of cross-training available today and is a fun, motivational, safe, stress-busting workout which is suitable for all ages and levels of ability and is popular with both men and women.

Boxercise combines a cardio workout with a conditioning workout to help you increase your fitness and stamina, lose weight and tone up all at the same time, making it one of the most effective ways to exercise.

The benefits to a Definition Boxercise class:

- Release aggression in a controlled way
- Tone & shape your body
- Increase strength
- Improve fitness
- Relieve stress
- Boost energy
- Lose weight
- Work out with others
- Fun!



**Book your place today at one of
Definitions Boxercise venues...**

Nutritional Therapy



Working with a Definition nutritionist will give you an understanding of how a well balanced eating plan can reduce the incidence of many common diseases such as: diabetes, obesity, digestive pathology, hypertension, heart disease, allergies and inflammatory conditions.

Definition nutritionists hold world recognised qualifications and are experienced in creating rapid, long lasting change.

Our life changing plan begins with a free consultation and ends in your new, healthier, more practical plan for success.

You will meet with your Definition nutritionist for a comprehensive lifestyle consultation covering: your family history, eating and drinking patterns, digestive system, vitamin and mineral intake, energy levels, stress symptoms, physical activity, immune system and general health, and much, much more.

**Start the change today
to a more healthier
lifestyle...**



Neuro Linguistic Programming (NLP)

Stop for a moment, think about your life and ask yourself the following three questions:

- Am I free of unwanted habits, fears, phobias and beliefs?
- Do I have indestructible confidence and self-belief?
- Am I really achieving what I want out of my life?

If the answer is 'no' to any of these questions then NLP can help.

What is NLP?

NLP stands for Neuro-Linguistic Programming, a name that encompasses the three most influential components involved in producing human experience: neurology, language and programming. The neurological system regulates how our body functions, language determines how we interface and communicate with other people, and our programming determines the kinds of models of the world we create. NLP provides techniques and tools that restructure the brain and body to create positive results.

Why use NLP and what can it do for you...

- To change your beliefs, values, states and behaviour positively
- To help discover what you want and show you how to get it
- To improve your ability to concentrate and your ability to learn
- To help create and maintain relationships in your life
- To open the doors to hidden resources and to create the mindset for success
- To remove guilty feelings and to eliminate phobias

All Definition NLP Coaches are accredited NLP Master Practitioners. Stop putting up with life and do something positive: Book your free consultation now and take the first step to the life you really want...

Corporate Health & Fitness

Sickness absenteeism costs every business in both loss of productivity and reduced employee morale. Anything we can do to reduce this will benefit everyone - the company itself, the employees, the country and its industry as a whole.

Could Definition be working in partnership with your company to help create a healthier, happier more motivated workforce?



How we can help

- Create bespoke lifestyle, fitness and health solutions, covering mind, body & soul
- Prevent re-occurring problems through rehabilitation
- Provide preventative treatment to minimise the effects of work-related illness
- Provide fitness days/events at your workplace or offsite locations
- Provide NLP based coaching to teams or individuals
- Provide a motivated and energetic team and promote teamwork within your organisation

Investment = Benefits

- Increased mental alertness = Higher staff performance
- Creating lifestyle awareness = Happy and satisfied employees
- Investing in employees = A good employer and increased staff morale
- Building a fitter, stronger, healthier workforce = Reduced staff absence and stress levels
- Providing a long-term healthy living culture = A motivated and energetic team

With tailored packages available, imagine the benefits to your organisation. Contact us today and take the first step to building a healthier, happier more motivated workforce...

Why choose Definition for changing your lifestyle?

- Specialists in fitness, lifestyle & rehabilitation
- Experienced, highly qualified team in all aspects of health, fitness & lifestyle.
- Choose to train in a studio, home or office
- Industry standard recognition
- Professional indemnity insurance
- Public liability insurance
- A proven track record in increasing and maintaining individuals' well-being
- Experts in engaging employees in healthier thinking
- Dedicated to providing creative, fun and active solutions

Other services available:

Life Coaching

Hypnotherapy

Time Line Therapy

Yoga

Pre & Post Natal Conditioning

Physiotherapy and Osteopathy

Therapeutic Massage

Body M.O.T. and Postural Analysis

Golf Coaching / Golf Biomechanics Conditioning

Discounts with Definition affiliates

For more information on Definition services please contact:

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