

Welcome to Total Fitness Management



We would like to take this opportunity to offer you a very warm welcome to our private studio and thank you for choosing **Total Fitness Management (TFM)** to provide you with a personalised health and fitness service.

It is our desire to have you feeling comfortable with our studio and training options as soon as possible. We offer a range of services suitable for all ages, covering both private sessions and classes – all of which are designed to suit your personal budget as well as your individual health and fitness needs. You always have the flexibility to alter, or add, a service at any time when your situation or goals change.

Motivation: You have already shown **motivation** by registering to attend **TFM's** studio. It is our intention that you will **maintain your motivation** to exercise regularly, by offering the best service we can. We achieve this by supervising your intensity, looking after your technique, offering alternatives (when previous injury or current pain prevails) and providing more advanced options and variety to match your progression towards your personal goals.

Consistency: **TFM's** well planned and structured exercise programs offer flexible and efficient training options, with loads of variety to make exercising easier.

Maintain your MOTIVATION and CONSISTENCY

And you will reach your GOALS.

Whole Body Vibration (WBV): **TFM** has been using **WBV** since 2008 and includes this training in all our sessions - from facilitating super-fast warm ups to a recovery massage at the end of sessions. The revolutionary benefits of **WBV** training will accelerate your results from exercise, increase your strength and mobility and can help with a range of chronic conditions like Diabetes, Parkinson's, MS and Osteoporosis.

*We look forward to seeing you in our studio; progressing and enjoying the sessions we provide, benefiting from the strong community we have built here at **TFM**. **Always ask if you are unsure of something regardless of how big or small it may seem.***

Kind Regards

Richard Littlefield - Owner - Personal Trainer
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