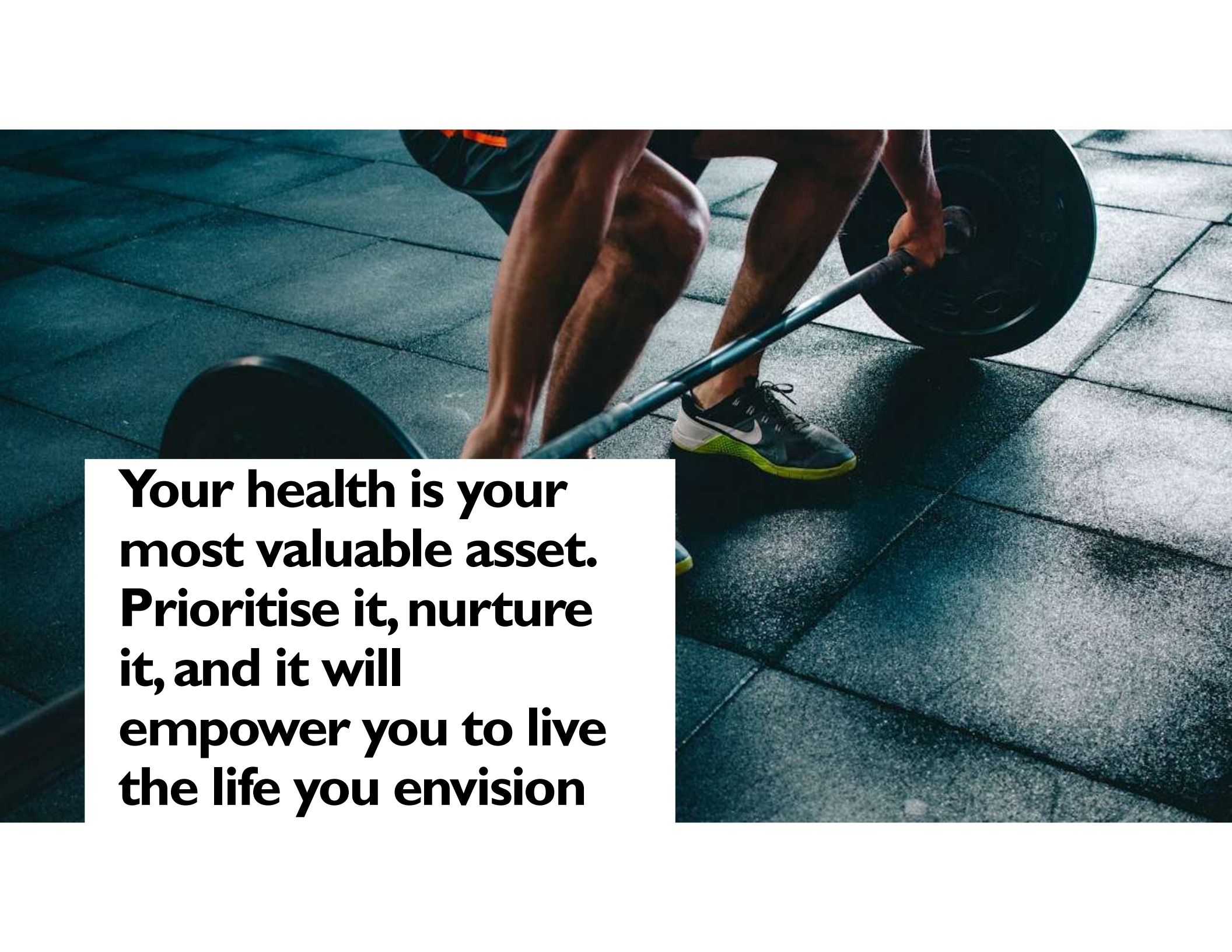




**TRAINSTRONG.**

# **PERSONAL TRAINING**

[www.yogastrong.co.uk](http://www.yogastrong.co.uk)

A close-up, low-angle shot of a person's legs and feet as they perform a deadlift. The person is wearing black shorts and black and yellow sneakers. They are lifting a barbell with a large black weight plate. The floor is made of dark, square tiles. The lighting is dramatic, with strong shadows.

**Your health is your  
most valuable asset.  
Prioritise it, nurture  
it, and it will  
empower you to live  
the life you envision**



# Meet Lucy, Founder of YOGASTRONG.

Lucy's mission is to empower you to take control of your health and wellbeing with simple, effective tools that fit seamlessly into your life.

She is a Yoga Alliance 500-hour senior yoga teacher,, Personal Trainer, a certified flexibility and mobility coach, breathwork coach, and meditation teacher. Lucy brings her wealth of expertise to help you build strength, resilience, and balance—both physically and mentally.

With a focus on personalised support, Lucy helps clients transform their health and wellbeing, enabling them to thrive in all aspects of their lives.

TRAINSTRONG.

DECATHLON

BOSSA

Urban&Civic plc

people  
CORPORATION®

mundi  
pharma

Gearset

never fully dressed

ELAJÉ  
HAIR & BEAUTY

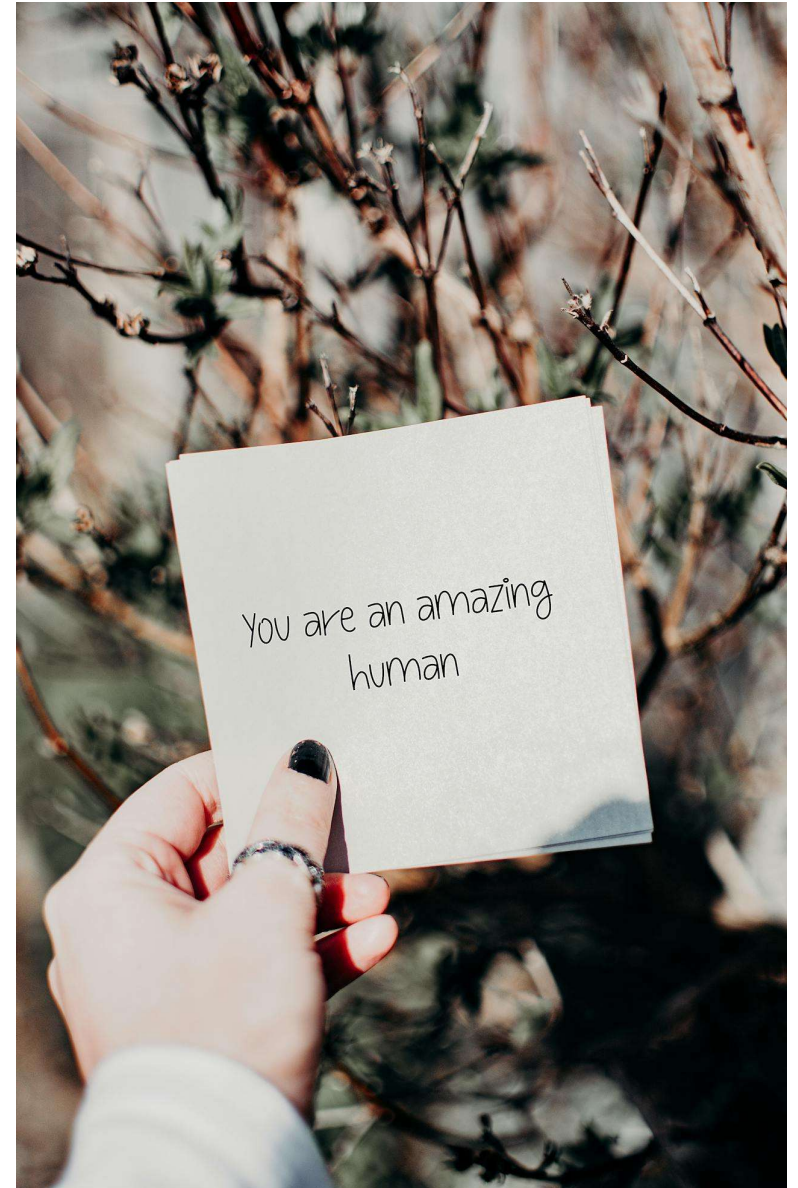
CAMBRIDGE  
CITY COUNCIL



# Be the CEO of Your Health. Build Strength. Transform Through Movement.

At YogaStrong, personal training goes beyond the workout. It's about taking charge of your health and wellbeing and aligning your fitness journey with your life.

I work with the **six pillars of lifestyle medicine** to help you not only achieve your goals but create sustainable habits that support your physical, mental, and emotional health.



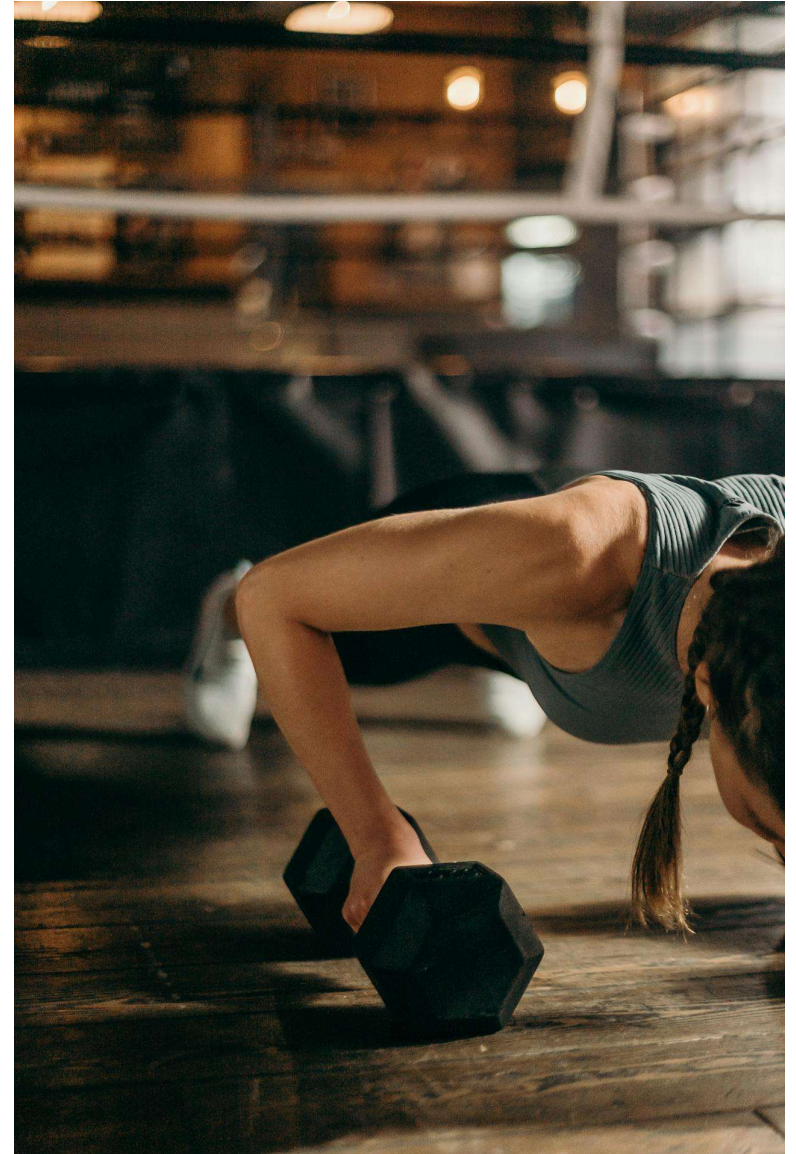


# Why Train with Me?

In my private home gym in Haddenham, I offer a holistic, personalised approach to personal training designed for busy people who want to prioritise their health without adding extra stress. As a mum of two and a business owner, I know how challenging it can be to find time for yourself. That's why my programmes are created with your life in mind—practical, enjoyable, and sustainable.

## Becoming the CEO of Your Health:

When you take control of your health, you take control of your life. My personal training sessions empower you to build strength, resilience, and balance while nurturing habits that align with your values and goals.





**Strong foundations  
create limitless  
possibilities. Start with  
your health.**

# What's included in your journey?

**1:1 Personal Training:** Tailored sessions in my beautiful and well-equipped home gym.

**Personalised Programmes:** A bespoke workout plan to follow at home, supported by an app where you can track progress, log sessions, and stay accountable.

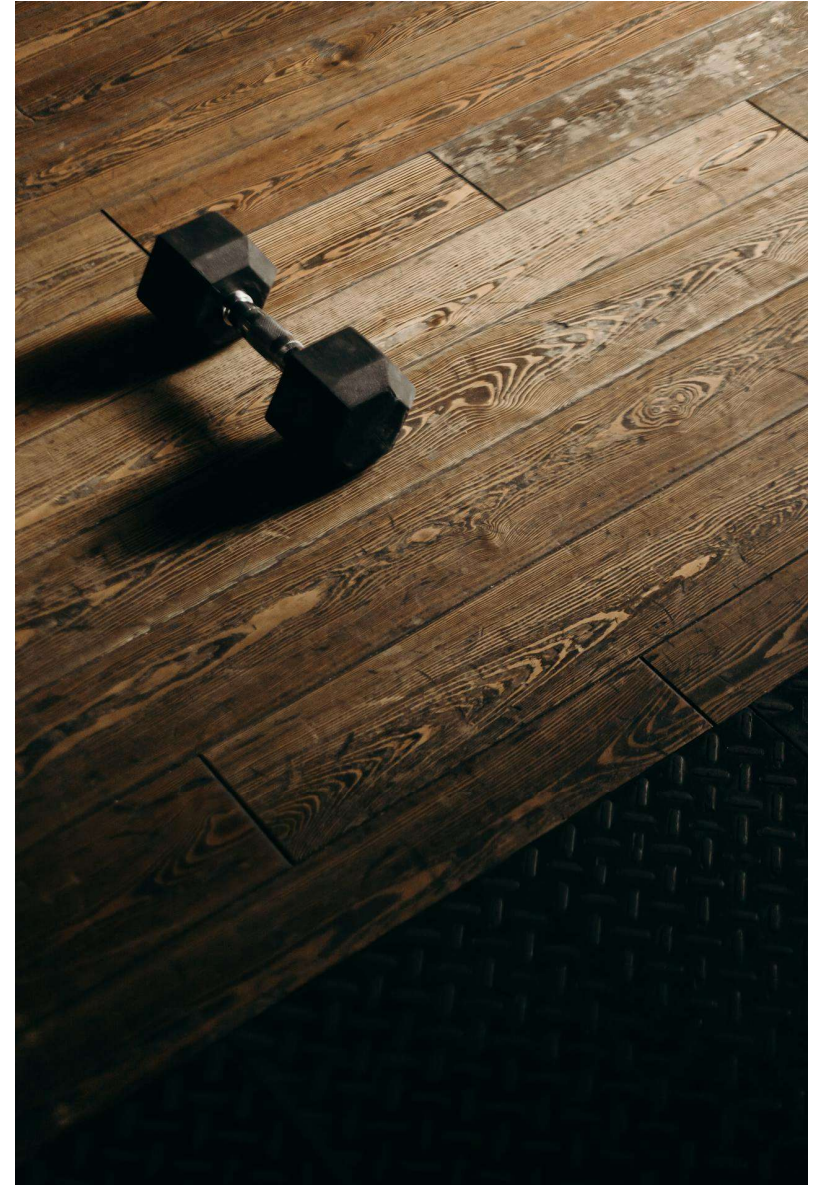
**Your First Session:** Together, we'll review your current fitness level, assess where you are right now, and set meaningful, achievable goals that align with your lifestyle and aspirations.

**Nutrition Advice:** Simple, evidence-based guidance to support your fitness and health goals.

**Morning and Evening Routines:** Custom routines designed to help you feel more aligned, grounded, and energised.

**Breathwork Exercises:** Proven techniques to enhance recovery, manage stress, and boost overall well-being.

**Lifestyle Review:** Your programme integrates evidence-based strategies to support movement, nutrition, stress management and sleep,







It's all in the journey...

**Take charge of your health and start building the life you want. Book a free Lifestyle Review today.**



# Why TRAINSTRONG?

At TRAINSTRONG, we don't just focus on fitness—we focus on *you*. Together, we'll:

- Build strength that empowers your body and mind.
- Create habits that fit seamlessly into your life.
- Cultivate joy in movement and connection.



# Personal Training Packages

Personalised training programmes designed to align with your unique vision for your health. Each package includes tailored sessions in my private home gym, a customised at-home programme, and comprehensive support to ensure your success.





# 6-week Starter Programme

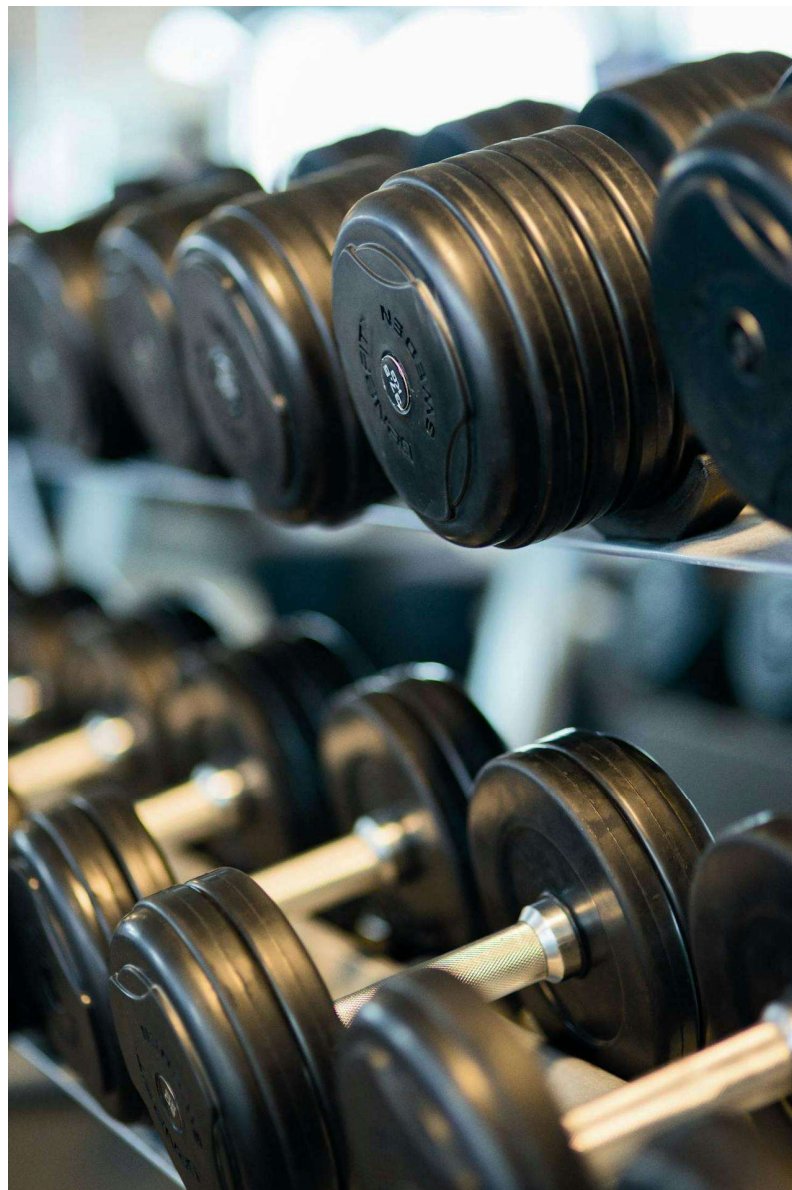
## What's Included:

- One personal training session per week (6 sessions total).
- A customised at-home programme to follow between sessions.
- Focus on achieving **short-term goals** that align with your vision.

## Perfect For:

Those looking for a focused, short-term commitment to jumpstart their health and fitness journey.

Investment: £235



# 12-week Focus Programme

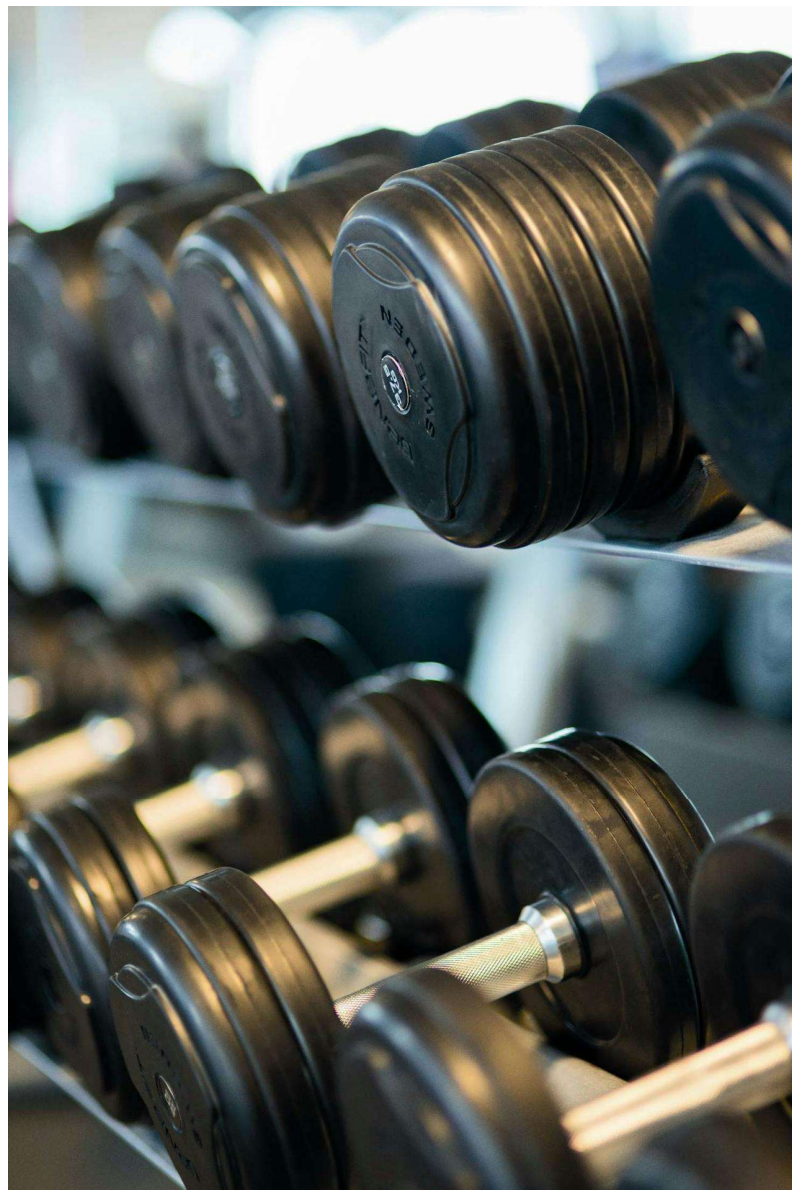
## What's Included:

- One personal training sessions per week (12 sessions total).
- A tailored at-home programme to follow between sessions.
- Work on **short-term goals** while starting to build towards **medium-term goals** for sustainable progress.

## Perfect For:

Those ready to establish a solid routine and make meaningful changes over a slightly longer timeframe.

**Investment:** £420 (or £140 per month)





# 24-week Transformation Programme

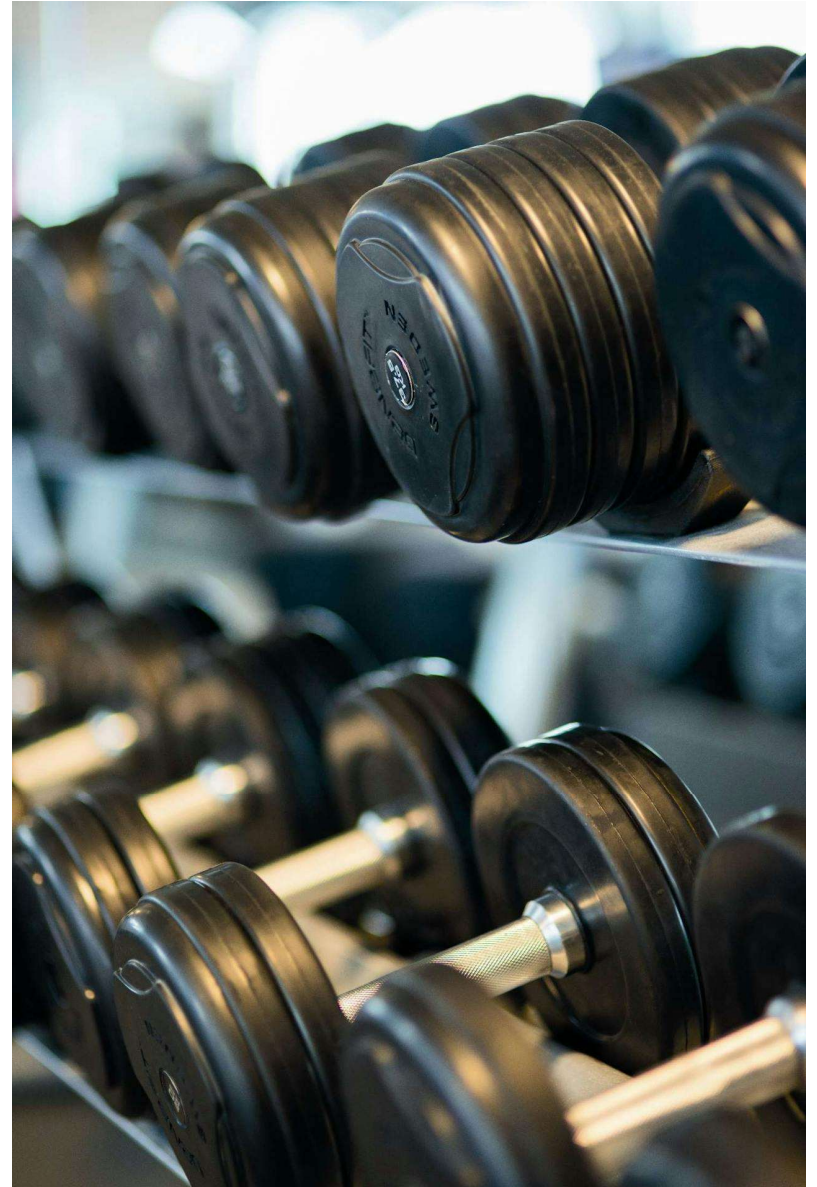
## What's Included:

- One or two personal training sessions per week (24 sessions total).
- A personalised at-home programme to follow between sessions.
- A comprehensive plan to achieve **short-term, medium-term, and long-term goals** for a complete transformation.

## Perfect For:

Those committed to a long-term journey to build lasting habits and create significant results.

**Investment:** £792 (or £132 per month)



## Additional Benefits for All Packages

- **Access to My App:** Log workouts, track progress, and stay connected with your personalised programme.
- **Lifestyle Support:** Including nutrition advice, breathwork exercises, and customised morning and evening routines.
- **Goal Setting and Progress Tracking:** In our first session, we'll assess your starting point and set clear goals for your journey. Goals are reviewed regularly.
- **Evidence-Based Approach:** Programmes incorporate the six pillars of lifestyle medicine for a balanced, sustainable path to better health.

TRAINSTRONG.







THANK YOU

## Get in touch

To discuss one of our packages or ask any questions, please get in touch for a chat!

[Lucy@yogastrong.co.uk](mailto:Lucy@yogastrong.co.uk)

07702 667 005

[www.yogastrong.co.uk](http://www.yogastrong.co.uk)