

Beverley Wellbeing

THINKING OF JOINING A GYM?

DON'T join a gym until you
have checked in for a
Beverley Wellbeing MOT

Mindset Over Training

> **£50**

SEE REVERSE FOR DETAILS

Special Offer!

**45 minute Full Body Sports Massage with
Nicky Grayson just £20** until the end of January 2011
Call 07949 515684 to book

Why not treat someone to a
Beverley Wellbeing

**GIFT
VOUCHER**

Check out the website for more special offers
www.beverleywellbeing.co.uk

FACT Over 70% of people who join a gym in January will have stopped going regularly by 1st February.

WHY? Because many gyms fail to help us overcome the mindset and movement issues that stop us exercising.

Beverley Wellbeing is different. The exercise professionals at Beverley Wellbeing recognise that, in order to look, move and feel better, your training needs to comprise four core elements – mindset, movement, nutrition and recovery – and that any one in isolation will not give you the results that you're looking for, irrespective of your goals.

Check it out for yourself. Book in for a Beverley Wellbeing MOT before 31st January and you will get a four point personalised programme for £50.

The MOT comprises;

1. **Wellbeing consultation** that analyses your goals, diet and lifestyle and health issues?
2. **Movement evaluation** that identifies why your aches and pains may not be coming from where you think they are!
3. **Solutions package** – a customised workout and wellbeing plan that matches your needs and your goals
4. **A personal training session** with Duncan O'Connor or Nicky Grayson to go through your solutions package in the comfort and privacy of the fully equipped Beverley Wellbeing gym.

Armed with the right mindset, movement, nutrition and recovery package you can then make gym membership a true lifestyle change; for the long term and not just for New Year. And as long as we're looking after you, Beverley Wellbeing's exclusive private gym facilities will be at your disposal too!

To book: call **Duncan** on 07798 872138 or **Nicky** on 07949 515684

In their pursuit of excellence, Duncan & Nicola have spent several decades acquiring experience and qualifications including Honours degrees in Sport Rehabilitation, a Masters Degree in Sport & Exercise Science and Core Performance mentorship programmes in the USA.

Because of their knowledge and experience, they have been privileged to work with professional athletes including, HKR, the Welsh & Scottish National Rugby League teams, premiership footballers and PGA golf pros.

Duncan and Nicola also share the benefits of their expertise with amateur athletes, business people and anyone who prioritise their health and wellbeing and want to be fitter, pain free and move better.



Beverley Wellbeing

Beverley Wellbeing is situated behind Patrick Wilkinson Saddlers on **Barmston Road, Beverley, HU17 0LA.**

Tel: 01482 881633
www.beverleywellbeing.co.uk