



THE PT CENTRE
Lifestyle Academy.

FAQ



FREQUENTLY ASKED QUESTIONS

CAN I DO THE WORKOUTS FROM HOME?

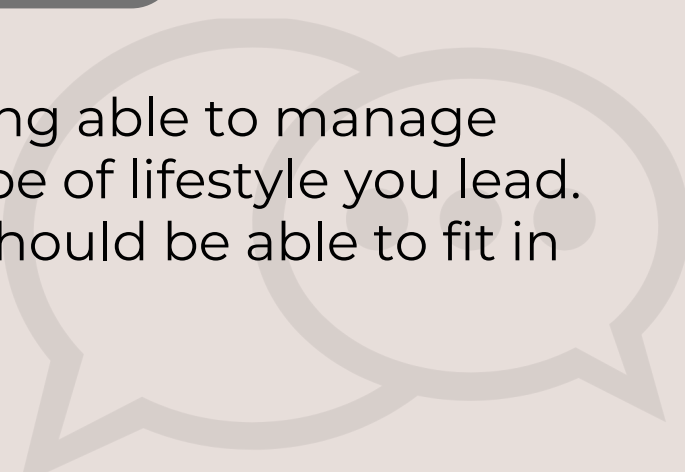
Yes, depending on what equipment you have access to will depend on which workouts you are assigned. There are bodyweight workouts and there workouts for at a gym.

DO I HAVE TO DO THE WORKOUTS?

No! None of it is compulsory. If you have another form of exercise that you wish to continue or you prefer then you can absolutely do that instead. We do recommend that you do some form of exercise for your health and for maximum results.

I HAVE A HOLIDAY / WEEKEND AWAY ETC COMING UP SHOULD I STILL JOIN?

Absolutely, this is about being able to manage your goals alongside the type of lifestyle you lead. It is not a strict plan and it should be able to fit in to your social life.



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WHAT HAPPENS ONCE I SIGN UP?

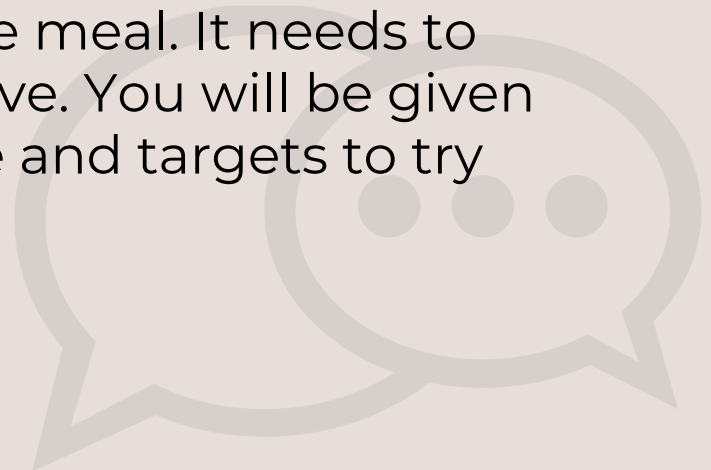
You will receive your welcome email with all the details. There is a consultation form to complete and then there is a short video to watch which will explain everything clearly. You then don't need to do anything until the first live!

WHAT IF I CANT MAKE ONE OF THE WEEKLY LIVE CALLS?

No drama, you can let me know in advance and I can record it for you to watch back when you get chance

WILL I HAVE TO COOK SPECIAL MEALS?

No! Food is also about social/family times and connection. I would not expect you to have to make a completely separate meal. It needs to work for you and how you live. You will be given individual nutritional advice and targets to try and hit.



FREQUENTLY ASKED QUESTIONS

WHAT HAPPENS AFTER THE 6 WEEKS?

There are a few options when the 6 weeks comes to an end. You can take the results and continue living your new healthy lifestyle on your own.

Alternatively you can continue as a graduate with a rolling subscription at a reduced cost which gives you access to the facebook groups the weekly live check ins and new workouts.

Or you could opt for private 1:1 coaching with me which will give you a more individualised and tailored program and plan. (Places extremely limited)

HOW MUCH IS IT?

It costs £197 for the 6 weeks and then if you would like to continue as a graduate on a rolling subscription it reduced to a £98 per month.

