

FIT BODY
MILTON KEYNES

THE FITBODY MILTON KEYNES SECRETS TO RAPID RESULTS...

WWW.MKFITBODY.COM



Who Are We?

NEIL & HELEN COLBY-MAJOR



FIT BODY **MILTON KEYNES**

FOR THE LAST 10 YEARS

We have been on a mission to help as many people as possible achieve amazing results in their bodies minds and health!

Meeting as personal trainers in a large gym chain we quickly realised we both shared a passion for helping people succeed in achieving the best versions of themselves whilst also having fun.

We grew disillusioned with the gym environment and personal training model within these gyms as the focus was more sales and more revenue.

*So we decided to form a group personal training facility and do things the way we believe they should be done and making the focus about the people & the experience!
These 15 top tips will help you achieve your goals :)*

*Neil &
Helen*

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1

MAKE YOUR GOAL EMOTIONAL

IMAGINE HOW GREAT IT

will be when you achieve your goal...

Loving what you see in the mirror,
being happy with your body & having
improved self confidence. Getting
compliments from friends and loved
ones will always be more powerful
motivation than just a target number.

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2

FOCUS ON HABITS NOT MOTIVATION

**MOTIVATION GETS YOU
GOING, HABITS GET YOU
RESULTS**

Motivation will always come & go

despite what social media will tell you!
You're human, but if you can turn that
motivation into good habits around
food & exercise you will be
unstoppable. Good habits just like bad
ones are hard to break.

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3

**BREAK YOUR BIG GOAL INTO LITTLE
ONES**

BIG TARGETS CAN BE
overwhelming

But break that goal into smaller monthly goals and all of a sudden it makes your target seem much more achievable and you will gain more confidence in success.

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4

**MAKE SURE YOUR PLAN WILL
WORK**

WHEN CHOSING A PROGRAMME OR

place to train

Make sure others have succeeded before you. Any good gym or Personal Training programme should have many success stories & before and after photo's.

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5

SHARE YOUR GOAL WITH SOMEONE
ELSE

HAVING A COACH OR

accountability buddy

Will ensure you have support & guidance when the journey becomes tough. Here at FitBody everyone has a coach and the FitBody Family to support & encourage you on your journey.

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6

USE MYFITNESSPAL TO TRACK CALORIES

WITHOUT ASSESSING

you're just guessing

We all know you need to be in a calorie deficit to lose fat. But without accurately tracking it is very easy to over or under shoot by hundreds of calories. You wouldn't manage your finances without checking what goes in & out. Treat your body the same.

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7

EAT ENOUGH PROTEIN

THE MOST COMMON MISTAKE

people make is not eating enough protein

As well as helping you build muscle which increases your metabolism, protein will keep you feeling fuller for longer making it easier to stick to your nutrition plan.

Don't eat enough and you will always feel hungry and lose muscle as well as fat.

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8

DRINK ENOUGH WATER

WATER IS THE BEST FAT BURNING SUPPLEMENT

Being correctly hydrated will

ensure your body flushes out toxins and improves fat metabolism as well as improving all aspect of health, wellbeing and energy. Drinking water also reduces hunger and helps satiety.

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9

EAT LOW CALORIES HIGH VOLUME
FOODS

FILL UP ON FIBROUS VEG

Increasing your vegetable intake

Will not only improve your digestion and wellbeing by ensure you get enough vitamins and minerals, it will also massively reduce your hunger and cravings, meaning better chances of success.

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10

DONT OVER DO YOUR "CHEAT DAY"

IT IS VERY EASY TO
UNDO ALL

your hard work from the week at the weekend.

Instead of having a cheat day make it a cheat meal and don't over do it on the portions. A pizza or takeaway can easily have over a thousand calories and cancel out your deficit during the week. Another top tip is make in every 2 weeks instead of every week.

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11

LIMIT OR CUT OUT ALCOHOL

**THERE IS NO SUCH THING
AS**

low calorie alcohol

I may have just broken your heart a little here but all alcohol has 7cals per gram whether its Gin, wine, beer or my favourite tequila! So adding in empty calories isn't a great idea on a fat loss plan. Also it will reduce your willpower and training performance.

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12

INCLUDE RESISTANCE TRAINING
NOT JUST CARDIO

**BUILDING MUSCLE BURNS
FAT**

Don't only do cardio

By only doing cardio training you are missing out on one of the most effective ways of transforming your body. At FitBody all our workouts are designed to include the optimum amount of each taking the guess work out of it for you.

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13

DONT OVER TRAIN

3 - 5 TIMES PER WEEK

gets the best results long term

Doing more sessions each week may speed up your results in the short term but will very probably lead to injuries meaning your long term success maybe in doubt. Sticking to 3-5 sessions will allow recover and ensure you make good consistent progress.

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14

FOCUS ON PROGRESS NOT PERFECTION

MAKING SMALL IMPROVEMENTS

often equal massive results over time.

We are not talking weight loss or inch loss here. Instead we mean lifting a slightly heavier weight or pushing the intensity up a notch. This keeps you from hitting a plateau & ensuring you become stronger & fitter over time. At FBMK we have a system called fit grades to help keep you on track with this.

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15

**MAKE SURE YOU ENJOY WHAT YOU
DO AND HAVE FUN!**

IF YOU DONT ENJOY IT

you wont do it!

Finding a training programme you love means enjoying the journey not the destination. One of our core philosophies is FUN! Each session at FitBody is filled with banter, laughs and smiles, making it social as well as an effective workout.

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Our Sessions AT FITBODY MILTON KEYNES



How It Works

AT FITBODY MILTON KEYNES



COMBINING METABOLIC

Resistance Training & HIIT Cardio

Means each workout is optimal for achieving rapid results! Saving you time to spend with your family. Twice the results in half the time is one of our motto's

Our Results

LAURA N



FITBODY MILTON KEYNES

GROUP PERSONAL TRAINING &
NUTRITIONAL COACHING

**MICHELLE
B**



FITBODY MILTON KEYNES

GROUP PERSONAL TRAINING &
NUTRITIONAL COACHING

Our Results

CARL A



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GROUP PERSONAL TRAINING &
NUTRITIONAL COACHING



*Start Your
Journey With
Us?*



Drop 10lbs 6 Week Challenge...

CONTACT US ON
07921 520782

OR BETTER YET FIND OUT
MORE INFO OR BOOK A
TRIAL BY CLICKING
BELOW...

>>> 6 WEEK CHALLENGE <<<