



ALTERED IMAGES WELCOME

Welcome To The Altered Images Programme

You have taken a major step towards looking and feeling your very best, having chosen a first class Weight Management and Lifestyle Consultancy to ensure you receive the best advice and support to achieve the results of your dreams.

Think about how you would like to look and feel. Imagine yourself with a body that is fit and firm with just the right amount of muscle. Imagine the joy of high energy and strength that give you the power to perform, day in and day out. Keep those images in your mind's eye. Altered Images will help you to achieve these personal goals with a few nips and tucks to your lifestyle in the key areas of health and fitness; namely exercise and nutrition.

The first few weeks of any new health and fitness programme can be both the most challenging and rewarding. To ensure you get the most from your time with us, we promise to help you in three ways.

Expert Advice

Your Altered Images Trainer will teach you the latest techniques in health, fitness, exercise and healthy eating. You will also receive your own set of informative resources to help you understand both how and why to keep in shape for life.

Regular Support

You will work closely with your Trainer every session as they take you through our step by step approach to making health and fitness an enjoyable way of life. This gives you every opportunity to ask any questions you may have and allows us to provide you with vital information that can make all the difference to your success.

Results

Because your Altered Images Programme is based on the latest techniques, you can get results faster than ever before. Most of our participants get excellent results in as little as six weeks including:-

- Weight loss and body fat reduction
- Improved aerobic fitness
- Trimmer waistline and hips
- Improved muscle tone and shape
- Increased muscular strength
- Greater mobility and flexibility
- Reduced blood pressure

Benefits Of Altered Images

- ① Eighteen personal consultations with a highly qualified and experienced Trainer
- ② Time efficient training techniques
- ③ Information Resource Pack, full of great advice and tips to looking and feeling your best
- ④ Establish healthy exercise and eating habits that fit into your lifestyle and needs
- ⑤ Improve confidence both in and out of the gym
- ⑥ Understand why diets do not work and learn how to make easy food choices for lasting health and vitality
- ⑦ Continuing service options and ongoing support at the end of your Altered Images Programme

Members also testify to:-

- Enhanced feeling of wellbeing
- Improved stress levels
- Better quality of sleep
- Increased energy levels
- Overall confidence improved

The Altered Images Programme is your passport to a new and better life, more rewarding and fulfilling than ever before. Within six weeks you will begin to transform your body and become aware of the power you have within yourself to transform everything else in your world.

ALTERED IMAGES:
*new dimensions for
every body!*

The Altered Images Programme Is Ideal For Every Body

Are You Getting Started For The First Time?

If you are new to fitness, relax, you are in good hands now and you will not be alone. We have helped hundreds of people just like you make fitness fun and rewarding.

We will set up a great introductory exercise plan to suit your needs, coupled with sound nutritional advice, and then follow your progress each week to ensure you enjoy getting in shape at your own pace.

Go from beginner to expert in six weeks.

Are You Returning To Exercise?

If it has been a while since you last worked out, then the chances are you will need to start off steadily and ease back into your training.

Whether returning from illness, injury or just a hectic period in your life, we will set up a new programme to get you back into shape and keep you there, using the latest techniques, training shortcuts and a firm foundation of nutritional advice.

Regain your vitality with Altered Images.

Are You A Regular Fitness Enthusiast?

Already in shape? Altered Images is the ideal Programme to spice up your current training regime, build on your nutritional habits and ultimately keep you motivated through faster guaranteed results.

If you are joining us from another club, we will make you feel very welcome and familiarise you with all our facilities and services.

Welcome to a better way of keeping fit.

Help Us To Help You

1. Please arrive on time for each of your consultations.
2. Bring your consultation passport to each session.
3. Wear comfortable clothing and footwear suitable for exercise.
4. Bring a towel and water bottle for each workout.
5. Always follow the advice of your Trainer.
6. If you are unable to attend an appointment, please phone ahead to arrange an alternative time.

Health and fitness has come a long way over the past few years. Scientific research has revealed many keys to a healthier and happier way of life through improved exercise techniques, state of the art equipment and sustainable healthy eating habits.

Your Altered Images Programme embraces the very best of these techniques. Simply follow the advice of your Trainer and achievement of your goals is assured.

We Can Guarantee Results Because Our Programmes Work!

Here is proof of our results...

"I'm absolutely thrilled. This was the best decision I ever made. I've lost 3 inches off my hips, feel thirty years younger, and have more energy. I am the envy of all my friends."

Jane Everett-Page, Ipswich.

"I've lost 6lbs of fat and gained 2lbs of lean muscle mass in 30 days. I've been trying for years to get a slimmer waist and larger chest. Happy and motivated; you bet."

David Frost, Gloucester

"Thank you Altered Images. I can now fit into the wedding dress that I wore 15 years ago. With my new found confidence it shouldn't be long until I need it again!"

Lorna Hickman, Mildenhall.

"The care and personal attention I received was what made Altered Images different from Personal Trainers I've tried in the past. I now possess the know how to continue setting and reaching new goals. I have literally been re-created."

Pete Huke, Leiston.

"I am convinced that the prescribed forms of regular exercise, alongside diet, nutrition and a positive attitude, have played a crucial role in halting the progression of my 'progressive' MS".

Sylvia Brown, Sheffield.

Get All The Facts On Health And Fitness With The Altered Images Resource Pack

There is so much information around on Health, Fitness and Nutrition, it is hard to know just what to believe. Go straight to the heart of the matter with your Altered Images Resource Pack. These informative resources outline the many benefits, hints and safety tips on essential health and fitness areas such as resistance training, aerobic and cardio fitness, nutrition, stretching and relaxation. Get your pack when you join, then your Trainer will issue you with more information sheets at each consultation, keeping you in the know when you need it most.

Making The Most Of Your Investment In Health And Fitness Time

Too busy to exercise? Just thirty minutes, three times per week can keep you in great shape and make you more productive than ever.

Energy

Regular, moderate exercise can actually enhance your energy and vitality, reduce body fat, and make you feel more alive.

Money

Staying in shape need not cost you an arm and a leg, with the Altered Images Programme costing less than a daily cappuccino. A small price to pay to feel so good.

Join Altered Images For Guaranteed Results In Six Weeks...Or Your Money Back!

Guarantee Conditions

Guarantee applies to the Altered Images Programme over a consecutive six week period.

Member agrees to attend and participate in all eighteen programmed consultations.

Member must follow the advice of the Trainer and adhere to guidelines on the Altered Images Information Sheets.

Member agrees to complete and bring to every consultation the Altered Images Food Diary.

Results are checked at the Six Week Achievement Appraisal and are measured against the goals set during the first consultation. Any improvement as judged by the Consultant is deemed to satisfy the guarantee.

Always seek medical advice from your practitioner if unsure about the suitability and safety of any of the advice or programmes provided as they may apply to your individual health, medical condition and special needs.