

Introducing SoFit

7th September - 29th November



What is SoFit:

- A 12 week, 4 phase course of HIIT sessions and nutritional guidance to help you make fitness gains and improve your way of eating.
- A mindset transformation - with more knowledge and confidence regarding fitness training, nutrition and general wellbeing, you can implement long term changes and lifestyle adjustments to improve your fitness, health and wellbeing.
- A fully personalised, individualised plan, but with the benefit of group support and group fitness sessions!

What SoFit is NOT:

- Just a “12 week transformation”
- A dieting group
- A “beach body” or “bootcamp” type of intense weight loss plan with a guaranteed generalised weight loss target

How much will it cost?

£75 per month for 3 months OR £199 if you pay upfront!

Spaces are limited, and signup is on teamup!



What is it?

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- ❖ 24 x 30minute group HIIT sessions run online so you can join in from home. This will be live but also recorded so you can do it whenever best suits you!
- ❖ Additional weekly workouts for you to complete, with the option of it being a gym based workout or a workout you can do from home (i.e. without the gym equipment!)
- ❖ 12 weeks of “nutritional guidance” from us - this is fully individual support, where we will give you a personalised, adjustable plan, guided by your own goals and preferences.
- ❖ Individual goal-setting and re-evaluation throughout.
- ❖ An initial PDF handout with loads of information in, covering topics including nutrition, rest, recovery, fitness training and sleep!
- ❖ A “quick start” guide so you can hit the ground running.
- ❖ 2 Recipe booklets FULL with recipes with full macro information and MyFitnessPal barcodes!
- ❖ Access to a members-only app (available on apple & android phones) plus there is browser access if you prefer.
- ❖ Lifetime access to a members-only Facebook group where you can support each other, recommend recipes, ask questions, share links and post pictures.
- ❖ Online support from the head trainers and SoFit mentors to help you out!
- ❖ Facebook group lives to chat through concepts and other things (run on an ad-hoc basis!)
- ❖ Opportunity for 1:1 zoom calls with the course leader
- ❖ Fitness testing
- ❖ Weight and measurement check-ins throughout the course.



Testimonials

- ❖ I miss the classes already!
- ❖ Thank you so much for this. I'm feeling so and more informed. I didn't realise how much I didn't know about nutrition!
- ❖ My life is incomplete without the SoFit workouts!
- ❖ I thoroughly enjoyed my SoFit experience. I achieved my overall goals and although it was tough at times the level of support given and the support from others in the group was amazing. I would definitely do the course again.
- ❖ Thoroughly enjoyed it!
- ❖ I just love the feeling after doing those workouts (not so much during!)

Previous Results

Results from previous rounds of SoFit have been great! Over the 12 week course, participants have lost weight, gained muscle, lost inches, and their fitness test results improved loads. Of course, those are just the short term results, more importantly, everyone finished the course having learned more about fitness & nutrition, and with the tools to continue their new lifestyle! Most have managed to keep up their new, healthier lifestyles and many have continued to lose weight after the end too!

Some outstanding results from previous rounds of SoFit:

- An average increase in fitness test results of 50%
- 2 Participants have even achieved fitness test increases of 75 and 85%
- One participant lost 2.5kg, 19cm overall including 6cm from her waist, and 7cm from her hips.
- Another SoFitter lost 11kg, 27cm overall including 9cm from each leg and 12 from her waist!
- The next participant lost 1kg, but her waist was 10cm smaller by the end!