



# How to look and feel better

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## Introduction

This PDF is intended to be used as a guide to making you look and feel better.

I recommend you **print it out**, and **keep it handy**, referring to the information and recipes every so often.

If you want to discuss any of the services or methods mentioned in this guide, then do not hesitate to call me, on **07841 144 878**

If you find this PDF useful, feel free to send it to a friend or colleague who might benefit from it. But please do not edit it, or copy sections of text from it.

Thank you  
Scott Bryant



## About me

I am a London based wellness and holistic personal trainer and I offer a unique one-to-one personal training service in the comfort of your own home or workplace.

I am a fully qualified, fully insured Y.M.C.A personal trainer, C.H.E.K. INSTITUTE Nutrition & Lifestyle Coach Level 2 and I am a member of the NRPT and the register of exercise professionals. I will be working with you on a one-to-one basis. I can tailor a program to meet your specific needs such as back pain, stress or neck pain.

I work around your timetable to enable you to fit exercise into your busy lifestyle, and help you to become fit and healthy!!

### **My Money Back Guarantee**

If within 60 days of completing the C.H.E.K Nutrition and lifestyle coaching and workout program you do not feel a vast improvement, I will give you your money back (provided you apply the knowledge you have learnt). That is how confident I am in this program.

### **Mission Statement**

Is to give all my clients a five star service and to coach you to health and fitness goals. To coach you into understanding why some foods are good and why some are bad for us because we are all unique.

### **My qualifications**

- C.H.E.K. Exercise Coach
- C.H.E.K. Institute Nutrition & Lifestyle Coach Level 2
- C.H.E.K. Swiss ball training for rehabilitation
- C.H.E.K. Dynamic medicine ball training
- C.H.E.K. Swiss ball training
- C.H.E.K. Program design
- C.H.E.K. Scientific core training
- C.H.E.K. Scientific back training
- Qualified YMCA personal trainer





## Why use a Personal Trainer?

Nutrition and lifestyle coaching motivates you to succeed and ensures that your fitness program is as effective as possible. Even the best intentions can sometimes wane as the year goes by, but working with a professional ensures that you stick to your goals and get the results you want.

### **Do you feel let down by your gym?**

- Do they know your name or when it is your birthday!?
- Do they give you free incentives for reaching your personalised goals?
- Do they educate you as you train and recommend the best books are to read?
- Is your trainer giving you his undivided attention while you are there?
- Does your gym give you a free book relating to your exercise program?
- Do they give you your money back if you're not happy with progress?
- Do you struggle to actually make the effort to get down to the gym?
- Is the gym full or crowded when you want to use it?
- Is your gym clean and comfortable?

## **Advantages of using me as your personal trainer**

- Flexibility** - train in your house, gym, or even your place of work
- Convenience** - I work around your schedule, anywhere between 7am and 7.30pm
- Agreed results** - an achievable plan and good results that you can easily keep
- Personalised** - I am friendly and approachable and tailor to your individual needs
- Progression** - ensuring your body is always at it best
- Motivation** - we work together to get you at your best
- Attention** - you get a five star personal service
- Experience** - you get the benefit of my 15 years of training experience
- Coaching** - you get the best nutrition and lifestyle coaching
- Assessment** - 22 point assessment on your body
- Commitment** - someone that loves his job and does it with care, 100% of the time
- Incentives** - you get a complimentary session if you lose 2lb of fat
- Great deals** - See my offers page in this PDF for my offers to you
- Guarantee** - money back if you do not see and feel the results



## What I can do for you

I offer a full range of physical training services to ensure that your fitness program is as effective as possible.

### **Scientific Training for Women**

Tailor made programs for women.

### **Nutritional weight management**

Lose weight and stay in shape with specialised tailor made programs.

### **Lifestyle training**

Looking at what you are eating, looking in your fridge and at your lifestyle. Giving you some exercise counseling and a full fitness assessment and goal setting.

### **Self Defense**

A one to one with boxing and Aikido. I will show you how to look after yourself and your friends and it's a great way to get fit.

### **NRG ball**

Functional NRG ball work out, new from USA. Training for everyone, the NRG weighted work out system will help you burn calories, improve flexibility and re-shape your body.

### **Dynamic medicine ball**

Functional medicine ball training is designed for everyone from children to bodybuilders. From someone that has an injury to someone that wants to improve their endurance and develop explosive strength, or just to have a fun work out

### **Back Pain and Posture Training**

If you have back pain, I can help you without the use of drugs. Just working out three times a week we will get you stronger and fitter and with no back pain.

### **Exercise for children**

I will help you get fit with fun and functional training.

The training program can include: Boxing, Running, Swiss Ball, NRG Training and Swimming most of all. You will have fun and not even know that you are working out and you can have an adult or a friend with you.

+ Swiss ball training, specific training for golfers , skiers, metabolic typing....



## My offers to you

### **FREE Telephone Consultation**

Give me a call and we'll discuss what I can do for you

### **FREE Book Offer**

Get a free book when you book your first 10 sessions with me

**About the book, "Eat, move and be healthy":** For anyone who wants to look and feel their best. (You are unique). The way we respond to food, exercise and stress varies from person to person just like our fingerprints. This book will identify your individual needs and teach you how to address issues that may be preventing you from looking and feeling your best.

### **FREE Swiss Ball and DVD Offer**

Get a free Swiss ball and DVD when you book your next 20 sessions with me  
Book 20 sessions straight away and receive the book, and DVD, and Swiss ball.

### **FREE Money back guarantee**

If within 60 days of completing the C.H.E.K Nutrition and lifestyle coaching and workout program you do not feel a vast improvement, I will give you your money back (provided you apply the knowledge you have learnt).  
That is how confident I am in this program.

Please see terms and conditions on my website or call me for more info.

### **FREE Gift of your choice**

Refer a client to me and I'll send you a free gift

**FREE** offers are on a first come first served basis, so act quickly to avoid disappointment.

An hour session is charged at £45 (basic training)  
For specialised back/shoulder/neck training sessions these are £50/hour



## Some handy recipes

### **TRAIL MIX**

MAKES 5-6 CUPS

1 CUP OF CRISPY PECANS  
1 CUP OF CRISPY CASHEWS  
1 CUP OF RAISINS  
1 CUP OF DRIED UNSULPHURED  
APRICOTS CUT INTO PIECES

MIX ALL INGREDIENTS  
TOGETHER. STORE IN AN  
AIRTIGHT CONTAINER AND ARE  
ALL READY TO EAT AS SOON AS  
YOU LIKE

### **TROPICAL DELIGHT TRAIL MIX**

2 CUPS CRISPY MACADAMIA  
NUTS  
2 CUPS CRISPY CASHEWS  
1/2 CUP DRIED PAPAYA CUT  
INTO SMALL PIECES  
1/2 CUP DRIED PINEAPPLE CUT  
INTO SMALL PIECES  
1 CUP LARGE FLAKED DRIED  
UNSWEETENED COCONUT

### **Quick & Easy Protein Tips**

Getting enough protein in your diet is a key ingredient for both weight loss success AND muscle-building success. Protein boosts your metabolism while stabilizing blood sugar and insulin levels.

It's also what your body uses to build muscle tissue - so if you're doing any type of weight training you really need protein in each and every meal you eat.

But, if you're a busy person (as most of use are) you probably know how difficult it can be find fast, easy protein snacks that actually taste good. Yes, you can buy some protein bars and instant powders, but these get old after awhile, especially if they're your main "snack" foods. Even the good-tasting protein powders are easy to get sick of after a week or two.

Here are some good "real food" sources of protein which are quick and easy to prepare (and use)...

- \* hard-boiled eggs: eat them plain or chop them up and mix in some light mayo for healthy egg salad
- \* cottage cheese: the individually sized packs are a convenient and VERY healthy source of protein
- \* chicken breasts: cook 4 or 5 on Sunday night and use them as a quick "protein boost" on salads or in sandwiches
- \* tuna: the new easy-open pouches and cans make it easier than ever to take this delicious fish with you
- \* string cheese: the full-fat kind makes a delicious mid-afternoon snack at work

Protein options if nothing else is available, just try to get an "organic" brand.



## Defining a C.H.E.K Practitioner

by Paul Chek, [www.chekinstitute.com](http://www.chekinstitute.com)

I developed a four level training program that was designed to be completed in between 2-4 years. My program was very expensive and challenging, specifically designed to produce elite exercise and rehabilitation professionals and was modeled after my training as a paratrooper in the military - the weak at heart who couldn't or wouldn't complete the necessary homework and studies were let go and only the best were allowed to progress onward. Today, there are over 500 people in my program spanning the South Pacific, Canada, Japan, Singapore, Ireland, England, South Africa and many other countries including the US. Of the five instructors now qualified to travel the world and teach my system of corrective and performance exercise and holistic health methodologies, four of them come from New Zealand! New Zealand today is home to some of the very best exercise and rehabilitation professionals worldwide! I can attest to that because I travel the world and work for major organizations, sports teams and consult patients, allowing me constant interaction with the international scene.

My program was specifically designed to be multi-disciplinary. I had learned early in the game that most people were simply too complex to rehabilitate with isolated specialties. I regularly needed the assistance of other expert doctors and therapists, which offered a great learning opportunity. With this in mind, I built the concept of cross-pollination into my program. Today, a CHEK Practitioner is signified by their level of training (Level I-IV) and there are also "Nutrition and Lifestyle Management Coaches" (NLC's), a certification I developed to teach how to integrate functional eating and lifestyle management practices into an exercise and rehabilitation program for optimum results. There are also "CHEK Certified Golf Biomechanics", which are people that have completed and passed my testing procedures in the area of scientific golf conditioning. While all CHEK Practitioners come into the program with some professional certification or license, they are all trained to objectively quantify progress through the use of comprehensive evaluation, treatment, coaching and program design technologies and the NLC's and Level IV practitioners share the ability to carefully assess the relationships between diet, internal organ stress and lifestyle factors and musculoskeletal pain or performance plateau's. These people have committed to extensive continuing education and are indoctrinated into a multidisciplinary approach to assisting others in achieving their goals.

While some countries have many skilled exercise and health care professionals, the CHEK Practitioners are surely to be those that have committed to excellence, because the program demands it!



## What is Functional Exercise?

by Paul Chek, [www.chekinstitute.com](http://www.chekinstitute.com)

Here at the C.H.E.K Institute, an exercise can only be considered functional if it fulfills the following criteria:

- 1. Comparable reflex profile (Righting and Equilibrium reflexes)**  
When moving across any object, stable (earth) or unstable (surf board), the body uses reflexes to maintain your upright posture. People with brain and spinal cord injuries often have to perform certain exercises to restore these reflex actions. Athletes needing particular reflex responses can use specific exercises to target the reflex profile they need to improve.
- 2. Maintenance of your center of gravity over your own base of support**  
Whether standing at the sink brushing your teeth (Static postural component), or performing a walking lunge, squat or power clean (Dynamic postural component), failure to maintain your center of gravity over your base of support results in falling and possibly injury.
- 3. Generalized motor program compatibility**  
The most functional exercises use movements that have a high carryover to work and sport. The best functional exercises have a relative timing profile similar to many other activities. For example, the squat exercise has a very similar relative timing profile to jumping, yet the leg press, knee extension and hamstring curl machine are very different, which is why they do very little if anything to improve vertical jump performance!
- 4. Open/closed chain compatibility**  
If you push against an object and you can not move it, such as performing a chin-up, the chain (muscles/joints) is closed. When performing a lat pull down you are overcoming the resistance and thus, the chain is open. Because the recruitment of muscles and movements of joints is task specific, your exercise selection must be equally specific to achieve an functional outcome.
- 5. Improves relevant biomotor abilities**  
Each exercise is composed of "biomotor", or "life-movement," abilities. According to Bompa (8), biomotor abilities are strength, power, endurance, flexibility, coordination, balance, agility and speed. An exercise is most functional when the biomotor profile most closely approximates the ability lacking in the athlete's body or when it most closely resembles the task being trained for.
- 6. Isolation to integration**  
Bodybuilding has plagued athletic training and rehabilitation with the urge to "isolate" muscles and make them BIGGER! It should never be forgotten when trying to improve functional performance, the brain only knows movements, not muscles. To achieve optimal results with any isolation exercise, adequate time must be spent training the muscle to contribute to a functional movement pattern.



## Nutrition and Lifestyle Coaching

Excerpt from “How to Achieve the Body of your Dreams for good” by Paul Chek,  
[www.chekinstitute.com](http://www.chekinstitute.com)

### **Introduction**

*“The Weight Loss industry is not making money because its efforts are working. It’s making billions of dollars because they are not working”*

So, what do you do?

Would you like to finally be in total control of your body weight? Would you like to know what you need to eat, what type of activity is right for you and other lifestyle tips to be and stay in control?

Think of what you will be like once you achieve your ideal body shape. What would you feel like? How would life be different? What would you be able to do then that you can’t do now? Think about it for a few minutes?

When I ask my clients these questions, they often tell me they can wear nice clothes, play with their children, play sports, go dancing, be more confident, have more self esteem, look more attractive and feel more secure in their relationship.

In this article, I will explain some of the factors believed to cause excess body weight and obesity, investigate current advice given by experts, an alternative approach and give you effective, proven advice on weight loss.

### **Why Are So Many People Overweight?**

In the past 20 years, the level of obesity has tripled in the U.K. and is still rising. At this rate, by 2010 at least 1 in 4 adults will be obese.

We are advised today that the following reasons cause people to become overweight:

- They are in a positive caloric balance (they consume more calories than they expend)
- They eat too many calories
- There is too much fat in their diet
- They do not get enough exercise.
- They may have a genetic disposition

This is what you hear all the time, right? But is this information correct?

Let’s have a look at each reason.....

Read more at [www.activebryantsystems.com](http://www.activebryantsystems.com).....



# Golf Biomechanics

Every golfer wants to play better golf. For many golf is a chance to relax, relieve stress, do business and exercise. However, the desire to lower one's personal handicap is present in even the most recreational golfer. The most common method to improve handicap is either a lesson from a golf professional or a lot of practice. Although this approach seems logical, it is the reason many golfers end up injured and rarely reach their real potential. Why? Simply because few golfers associate the need for improved physical conditioning with their quest for improved performance. Golfers must consider themselves as athletes and train using programmes specifically designed to improve integration and synchronisation of the whole body.

The Golf Biomechanic CHEK assessment incorporates a personalised programme to meet individual client's need to improve:

- Muscle balance and flexibility
- Static and dynamic postural stability
- Strength
- Golf power

The personalised Golf Biomechanic programme ensures that the hardware (joint and muscles) and software (the swing itself) can work together for optimum results and improved performance and handicap.



# Golf Conditioning

What is your golf game worth to you? How much effort would you invest to improve your swing and your game, lower your score, reduce back or wrist pain and have more fun playing?

Did you know that 53% of Male and 45% of Female golfers suffer from lower back pain, and 30% of all touring professionals are playing injured at any given time?

Lack of core (muscle) conditioning in golfers leads to overuse of arms which in turn gives you wrist problems. The only way to achieve a lower handicap in golf is to improve the function of the golfer: the person who actually swings the club.

## **What will i get out of golf conditioning?**

With Scotts golf conditioning programme you will:

- Improve your flexibility with a personalised stretching programme
- Improve your postural alignment and endurance
- Improve your game by reducing stiffness and pain
- Eliminate faults in your swing
- Get strong, and be able to generate power
- Avoid injury and have more fun!
- Improve your swing and improve your score!

And most importantly, learn how to improve your overall health, your looks, and daily sense of well being.



# Ante / Post Natal

## **The Benefits of Exercise During Pregnancy**

Exercising and staying active during your pregnancy can help you with some of the symptoms of pregnancy like feeling tired and sluggish, and gaining too much weight. Exercise during pregnancy is beneficial because it:

- Reduces backaches, constipation, bloating, and swelling
- Increases energy and stamina
- Lifts your spirits and balances your mood
- Improves posture
- Helps build better muscle tone and strength
- Promotes better sleep
- Gives you a sense of control and self-confidence
- Provides you with time for yourself to do something for yourself
- Gives you the opportunity to do some socializing. A pregnancy exercise class is a great way to befriend other pregnant women.

In addition to keeping you fit and healthy now, regular activity during pregnancy also helps improve your ability to cope with the rigors of labour. And after baby is born, it is easier for you to get back in shape if you've been staying fit all along. While moderate and pregnancy-safe exercises are good for you, it's not advisable that you exercise for weight-loss purposes during pregnancy.

## **Getting Started**

- Before you undertake an exercise programme there is a detailed health questionnaire.
- The next stage is exercise prescription and a session to introduce you to the new exercises.
- From then on ongoing training can be arranged enabling your trainer to customise the programme as you progress through the three trimesters.

You will receive an information pack on pregnancy and exercise/diet when you sign up for your course.

**“Listen to your body do not over do it”**



# Not Convinced?

## **Then put me to the test!**

Contact me for your complimentary consultation and session today.....

.....after all, I only succeed if you do!

Call Scott on **07841 144 878**

## **Some testimonials from my happy clients**

"I have no hesitation in recommending Scott. He is an excellent trainer who has shown me a clear path forward and motivated me to levels of personal fitness that I could not have achieved on my own."

Martine McCutcheon  
(Actress/Singer)

"Just a quick note to say that I have finally hit my target weight. Since I have been trying for two years and you did it in two months I suppose you deserve a bit of credit !"

Nick Malaczynski

"Scott is an excellent trainer, he is motivating, encouraging and knowledgeable."

"When I first started training with Scott I noticed a huge change in my body in a very short period of time."

"I have improved in my academic work, and my body is getting a lot fitter."

"If you want to be hot get Scott!"

"He is an excellent motivator, who knows how to push his clients to reach, and exceed their goals."