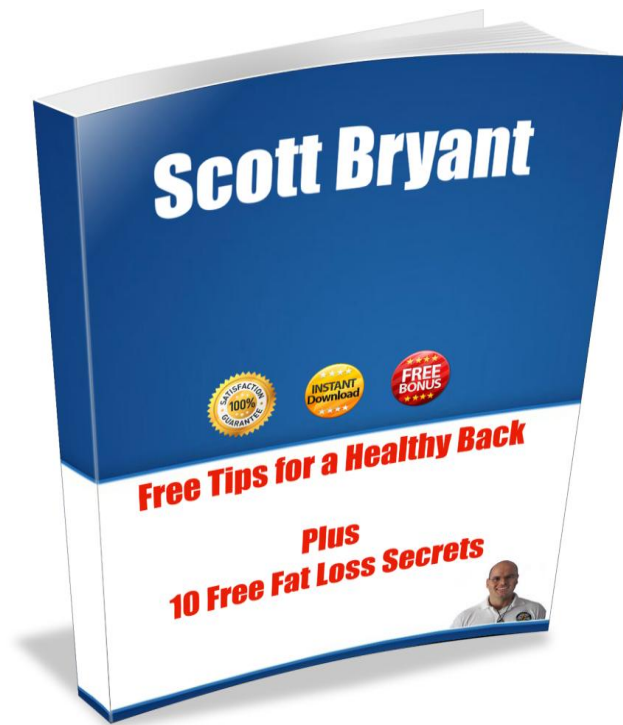


Scott Bryant

Free Tips for a Healthy Back

Plus

10 Free Fat Loss Secrets



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Who is Scott Bryant?

You've downloaded this eBook, you're excited about the possibility of transformation – to improve the way you live your life. That's great! But before we launch into Scott's expert tips, it's important you know why he's qualified to give you advice and why you can be reassured his advice works.



Based in London, Scott's study of training systems and wellbeing have taken him all over the world. A firm believer in a holistic approach to fitness, Scott has made a name for himself providing a highly bespoke approach to fitness training, and pain management. Scott's view is simple. No matter what approach you take, exercise alone is just 30% of the story. If you approach the nutritional side with as much focus and commitment, the chances are you're far more likely to sustain weight loss or experience a reduction in pain. For example, pain can be caused by diet, a link a conventional trainer wouldn't identify.

Scott isn't a slave to any particular training regime, although he's qualified across many. Rather his approach when working with clients is to devise a programme they will enjoy, achieve results with and as far as possible, maintain on their own. His view is you shouldn't be tied to a trainer indefinitely. Rather Scott believes inspiring and empowering clients is an important part of his role.

Trainers can be glib about the challenges clients face. Not Scott. His 360 degree approach to fitness and health includes a client assessment as its starting point. Whether the limitations you face are time related or perhaps relate to physical impairment, Scott's approach is to provide you with a training programme that takes account of your current situation and what you want to achieve.

Scott Bryant's Qualifications

Since many state-of-the-art developments in fitness come from America, Scott has always travelled to seek out the latest developments. Many of Scott's 38 qualifications are from the C.H.E.K. Institute of San Diego America and cover a very wide range of disciplines from Core Strengthening, Golf Sports Tennis Kids Fitness GYM Program Design, Back Training and so on. For a more complete list please refer to Scott's main website.

The importance of being well qualified across a wide range of elements can't be over-stated. This gives Scott Bryant the widest possible selection of tools to bring to bear in the design of his programs. His view is training methods should be effective but should also be enjoyable and as easy as possible to incorporate into your schedule.

Above all else Scott is both a qualified and naturally Master C.H.E.K Practitioner. Clients routinely comment on how refreshing his approach is and how motivational and inspirational he is as a Strength coach.

Qualified Master Personal Fitness Trainer London
 Approved Personal Trainer Certified Master C.H.E.K Practitioner
 with 22 Years Experience.
 YMCA Master Personal Trainer London ,
 Master C.H.E.K Practitioner level 5,
 C.H.E.K Holistic Lifestyle Coach.Level 3,C.H.E.K.Golf Biomechanics,
 MTA Metabolic Typing Advanced Advisor Level 2,Functional
 Diagnostic Nutritionist Practitioner, TouchPro Seated Acupressure,
 Boxercise, Sports Massage LondonTherapist, Shaman Practitioner,
 Naturopath,

Fat Loss Tips

1. Get to bed around 10:30 pm so the body is not stressed out. The body repairs in your sleep.
2. Eat an organic diet, if was not here 1000 years ago, don't eat it.
3. Move your body 4 times a week. Take the dog out for a walk, ride your bike or go for a swim.
4. Eat fat to lose fat! We are told by the media not to eat fat, even from our dr. There was less cases of high cholesterol in the 1940 to what there is now. We get sick because we are not eating. Fat ensures regulation of our hormones and liver so if we don't eat it we become out of balance.
5. We all need water but how much? Drink half your body weight and it will help you to lose fat too.
6. Fish oils can be a big help in losing fat and many other things. Make sure fish oil is a good brand and taken with every meal.
7. We all need to rest, the more rest you get the more fat you will lose so take time out of your day to sit still for approximately 20minutes a day.
8. Try eating meat, fish and veg for 4 weeks, with only with 3 meals a day. Have nuts and fruit to snack on
9. Work out in the gym with weight not cardiovascular machines. Work out for 30 mins 4 times a week. On days off meditate, read, watch a good movie, have fun with friends even have sex!
10. Sex is a good stress buster and you can burn lots of fat if you're on top!

If you need more help and would like to book a complimentary session with me, contact me for an informal chat 07841 144 878

Scott Bryant on 12 weeks Weight Loss

Scott's view is conventional weight-loss diets don't work. He believes people should eat when their body needs food rather than simply cut down their food intake. Eating the right foods for your body is essential otherwise you may put weight on. But that's not all. Eating for your type, eating the right kind of food, blended with appropriate rest and exercise is the platform that enables people to sustain an appropriate weight. For many people, their whole life has been a yo-yo of diets and weight-gain. Scott's approach encourages people to make smarter food choices and build exercise into the way they live their life.

Scott's weight-loss programs help people who wish to:

- lose weight
- drop a dress size
- get rid of unwanted baby fat
- feel fitter and more energised
- get more toned



How to Lose Weight and Keep It Off

Scott starts his relationship with clients by making a skilled assessment involving a whole body assessment. He uses insights gleaned from a lifestyle questionnaire, pain tree, your dreams, your stress and hormone levels and gym assessment of 4hr to devise a plan with input from you. This approach works particularly well for people who would class themselves as unfit or over-weight who are inhibited from attending gym or weight-loss classes or people who realise that their eating habits are slowing down their efforts to lose weight. Scott's advanced knowledge enables him to devise a programme suitable for your current level of fitness and lifestyle that won't put your body under an undesirable level of stress. With many different fitness regimes at his disposal, Scott is even able to target specific muscle groups or problem areas.

While exercise alone can make a big difference to body shape and weight, Scott believes that nutrition plays an important and often-overlooked role in maintaining a healthy weight. His view is back-up by scientific research which shows that a healthy body including muscles requires a balanced diet. Without it, it's so much harder to achieve your goals so Scott's weight-loss programs also include advice on healthy eating and planning meals.

Working with Scott on a one to one basis means you'll be teaming up with one of the UK's most gifted coaches. Some clients are failed dieters/exercisers because they find it difficult to motivate themselves when they are working on their own. Scott's regarded by clients as a really effective communicator. You won't feel as if you're working on your own and will be inspired to reach and maintain your goals.

Healthy Back Tips

1. Always try to use your legs when lifting.
2. Always keep objects as close as possible.
3. When loading items into a van and or/car boot get as close as possible and use one knee for support on the bumper.
4. When moving heavy items try to push them instead of pulling them, use your hips and body weight to help push off desk
5. If you must pull objects avoid rounding your back, maintain good posture and use both your legs and body weight to move the object.
6. When carrying items such as rubbish bags, it is better to carry two bags not just one. A bag in each hand distributes the load more evenly.
7. When doing the household chores such as hovering and sweeping, use your legs and avoid repetitive leans.
8. When cleaning or working with low objects, avoid prolonged bending or leaning it best to go down on one knee and get close to the table or use one arm for support.
9. If your back gets tired while shaving ,brushing teeth or putting make-up on in the mirror, use an arm to help support your back. Should your back experience fatigue when performing regular beauty and hygiene practices, you most likely need a specific conditioning program.
10. Stretch your back regularly. Doing this before bed will help stretch your tight back muscles and relax your body, you will sleep better at night after a hard days work.



Scott Bryant on Back Pain

Scott is a Corrective Exercise Specialist whose methods are scientifically proven and safe. He has personal experience of back pain which led him to explore ways of managing it through exercise and nutrition. Back pain typically originates from one of four causes:

Posture Physical impairment
Surgery Illness
Sports Injury
Diet Lifestyle

Whatever the primary cause of your back pain, Scott's view is you don't have to simply put up with it or accept the limitations of other therapies. For example, some of Scott's clients have already tried physiotherapy and believe they have reached the limitation of what it can do for them. However there are other more effective approaches that work safely.

Scott's clients include chronic pain patients and those with Herniated Discs, Sciatica and lower back pain. He also works with people who experience pain as a result of incorrect physical training methods and athletes and dancers seeking sport specific or body conditioning.

Scott Bryant's Approach to Back Pain

Scott's starting point is to complete a wellness interview with clients and an assessment. This includes an assessment of range-of-motion, a visual examination, and the use of a camera to record various body positions. This helps Scott to identify symptoms of disease and stress.

Working with Scott you will benefit from:

- A bespoke program
- Wide range of therapy options
- Focus on tissue re-generation
- Specialised body movement programs
- Bespoke home therapies
- Health maintenance program designed around your assessment

Corrective Exercise Specialists typically take a phased approach to training and Scott is no different. Working with Scott, clients become totally pain-free or are able to manage their pain so it no longer interferes with their daily activities.

By their very nature clients often come to Scott after suffering chronic pain for many years. It therefore should come as no surprise that these programs are not a 'quick fix' but require a minimum of 4-6 months commitment for safe, sustainable results.

Trainer to the Trainers

Scott is aware that personal trainers can also suffer from back pain, sometimes as a result of incorrect posture – essentially bad habits taking their toll over a period of time. If you are a trainer, no matter what framework you work within, Scott is able to make an assessment of the cause of your pain and plan a remedial program to suit resulting in the removal of the cause of the pain.

Likewise Scott also accepts referrals from other trainers who have clients experiencing back problems even if the cause is unknown.

**If you found Scott's tips useful then why not take advantage of his
Free offers exclusive to YOU**

