



Fitness Assessment Service

3 Simple Steps to Success...

Book now and receive a free voucher for our Exercise Classes

Step 1 - Assess and Discuss:

- Body Mass Index
- Blood Pressure & Resting Heart Rate
- Body Fat %
- Sub-Maximal Heart Rate Test
- Personal Goals & Objectives

The results will help as a motivational tool.



Step 2 - Your Personal Programme:

Together with the results from your Fitness Assessment and your medical/exercise history Tony Stewart will create a Personalised workout programme which is specific to your needs and goals.

This will be your path to better health & fitness, encourage weight loss, better muscle tone & definition, greater endurance and general well-being.

Step 3 - Review:

We suggest a full review of your fitness programme within 2-3 months. If appropriate you may then wish to book another Fitness Assessment to measure your progress.

Fitness Assessment Fee - £22.00

24 hour cancellation policy

Tony Stewart BEd Hons has over 25 years experience in the Health & Fitness industry with 18 years as a Personal Trainer and Fitness Advisor

**To find out more or discuss your specific requirements
please call Tony Stewart on 07976 726624
or email stewarttf@dulwich.org.uk**