

# Vitality

- noun, plural vitalities.

1. exuberant physical strength or mental vigor: a person of great vitality.
2. capacity for survival or for the continuation of a meaningful or purposeful existence: the vitality of an institution.
3. power to live or grow: the vitality of a language.
4. vital force or principle.



# Course Objectives

- ✧ **Move Well:** Excellent mobility and movement can enhance all aspects of your life. Learning how to move your body well will give you confidence in whatever exercise you like doing .....and get you strong!
- ✧ **Rest Well:** We all know that sleep and rest are important, so let us show how to improve yours
- ✧ **Eat Well:** Nutrition is THE most important aspect of health. We aim to guide you in the right direction to find out what nutrition is best for you...after all who knows your body better than you?
- ✧ **Think Well:** We all know a positive outlook is vital, however we need to train our brains and inner voice to enhance this.....just as we would our muscles



# Course Details

## Venue:


Stage Right Studios: Unit B, 91 Ewell Road, Surbiton, KT6 6AH

## 6 Week Vitality Course: (Start late Jan 2016)

 Actionable advice on how we can look, feel and perform better

 Follow up email every week

 £100 Per person

 18:45 start, 19:45 finish

## Sign Up:

e: [karen@stagerightstudios.co.uk](mailto:karen@stagerightstudios.co.uk)

t: 07707 333112



# About us



## Personal Trainer James Chandler:

- ✧ Over a decade of experience helping others reach their full potential physically and mentally. After turning his own health around, builds his entire training philosophy around the importance of support at every step... however small

[james@eatwellandworkout.com](mailto:james@eatwellandworkout.com)

## Naturopathic Nutritionist Kim Chandler:

- ✧ Many years experience helping others find inner health through real food.

Passionate in providing good habits that endure for life. Nutritional Therapy uses the combination of the wonders of science (biochemistry and nutrition) with naturopathy (natural, drug-free medicine). It is designed to support the body as a whole and to treat the underlying symptoms rather than just suppressing them.

[kim@eatwellandworkout.com](mailto:kim@eatwellandworkout.com)

- ✧ Finding your true health potential can be hard work, however it isn't complicated when you have a clear focus...and apply with consistency
- ✧ When creating this course we have incorporated all we have learnt through experience and study, providing foundational knowledge to incorporate vitality and health into your lifestyle