ONLINE PERSONAL TRAINING & NUTRITION COACHING

Medically Fit

Training that fits your life — not the other way around.

> **Your goals. Your routine. Your plan.**
>
> Medically Fit offers personalised coaching to help you build strength, improve fitness and create sustainable habits around work, family and everyday life — including busy or changing shift patterns.

The Medically Fit Approach

Effective training and nutrition do not require rigid schedules or extreme restrictions. Instead of forcing your life around a generic template, every coaching plan is structured around three foundational pillars so you can stay consistent even when work or family demands shift.

CORE PILLAR	HOW IT WORKS IN PRACTICE
Personalised	Plans shaped around your goals, experience and preferences — matching your current fitness level, available equipment, and training environment.
Realistic	Flexible strategies for busy weeks, tired days and changing routines, ensuring shift workers and busy parents can progress without guilt or burnout.
Sustainable	Build habits you can maintain, rather than chasing quick fixes, so the strength, energy, and routines you develop stay with you long term.

Coaching Packages At A Glance

Every package is designed to meet you where you are and help you take consistent, realistic steps towards your goals. Compare the three tiers below to see which level of structure, nutrition support, and accountability matches your needs.

COACHING FEATURE	SIMPLE £40 / MO	STANDARD £100 / MO	COMPLETE £115 / MO
Workout Programming	Tailored plan or workout examples	Tailored programme (updated every 3–4 weeks)	Fully customised plan (updated weekly)
Nutrition Coaching	Not included	Basic macro & nutrition guidance via Trainerize	Weekly nutrition coaching (macros or meal-planning)

COACHING FEATURE	SIMPLE £40 / MO	STANDARD £100 / MO	COMPLETE £115 / MO
Progress Reviews & Check-Ins	Initial onboarding guidance	Weekly progress reviews & feedback	Weekly check-ins & closer accountability
Coach Communication	Getting-started support	Message support (responses within 24 hours)	Priority messaging & motivational support
Video & Technique Support	Not included	Not included	Video calls & personalised technique videos

Detailed Coaching Packages

Below is a full breakdown of what is included inside each coaching tier and who each option is designed to support.

SIMPLE

£40 PER MONTH

A STRAIGHTFORWARD PLACE TO START

Ideal if you want a clear starting point and guidance on what to do in your workouts.

- Beginner-friendly starting point
- Workout plan or workout examples tailored to your preferences
- Guidance to help you get started with online coaching

> **Best for:** people who want workout structure without the added features of ongoing coaching.

STANDARD

£100 PER MONTH

STRUCTURE, GUIDANCE AND ACCOUNTABILITY

For people who want a tailored programme, regular progress reviews and support with nutrition basics.

- Tailored workout programme, updated every 3–4 weeks
- Basic macro and nutrition guidance through Trainerize
- Weekly progress reviews and feedback
- Message support, with responses within 24 hours

> **Best for:** people who want a structured plan and regular feedback to keep progressing.

COMPLETE

£115 PER MONTH

MORE PERSONALISED, HANDS-ON SUPPORT

The most comprehensive option, combining frequent programme updates with nutrition coaching and closer accountability.

- Fully customised workout plan, updated weekly
- Weekly nutrition coaching, including macros or meal-planning guidance
- Weekly check-ins and accountability
- Video calls and personalised technique videos
- Priority messaging and motivational support

> **Best for:** people who want a higher level of individual support across training, nutrition and habits.

How Getting Started Works

Starting online coaching does not require you to already be fit, have a rigid schedule, or know exactly which tier you need. Here is what happens once you reach out:

1. **Initial Conversation:** Send an email sharing your current routine, shift or family commitments, training experience, and what you want to achieve.
2. **Package & Plan Alignment:** Together we confirm whether Simple, Standard, or Complete best fits your goals and desired level of accountability.
3. **Personalised Setup:** Your workouts and, where included, Trainerize nutrition targets are built around your available equipment, schedule, and preferences.
4. **Consistent Weekly Momentum:** Follow your plan at your own pace, adapting sessions around busy weeks while receiving the feedback and check-ins included in your tier.

Not Sure Which Package Is Right For You?

You do not need to have everything figured out before you start. Get in touch and tell me about your goals, current routine and the support you are looking for. We can discuss which option is the best fit.

Ready To Get Started?

Contact me to discuss your goals and find your starting point.

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