

**FREE  
CONSULTATION  
WITH THIS LEAFLET**

# My Life

## Personal training

### **CLIFTON**

10 Apsley Road, Clifton, Bristol, BS8 2SP  
(private parking)  
**01179 237111**

### **REDLAND**

Bristol Lawn Tennis and Squash club,  
Redland Green Road, Bristol, BS6 7HF  
(private parking)  
**07837 072684**

### **CITY CENTRE**

30 Queen Charlotte Street, Bristol, BS1 4HJ  
**07813 332440**

First Woman to Skydive Everest - Holly Budge



**95% OF  
OUR CLIENTS  
JUST WANT TO  
BE FIT AND  
HEALTHY**

**FREE  
CONSULTATION  
WITH THIS LEAFLET**

[www.mylifept.com](http://www.mylifept.com)

# How we can help you...

- ▶ **Increased Fitness Levels**
- ▶ **Weight Loss**
- ▶ **Muscle Gain**
- ▶ **Injury Rehabilitation**
- ▶ **Nutritional Advice**
- ▶ **Improved Self Esteem**
- ▶ **Sport Specific Training**
- ▶ **Corporate Training**
- ▶ **Health Screening**
- ▶ **Online Training**

## **We contribute to:**

BBC, Men's Health, Men's Fitness,  
What Mountain Bike, 220 Triathlon,  
Golf International and Ace Tennis magazine.

## **Andy Wadsworth (Director) –**

Author of 'The Complete Practical  
Encyclopedia of Fitness Training.'

At My Life Personal Training, our goal is the same as yours, to help you achieve your goal in the most effective and professional way.

## **Testimonials**

### **LOST 10 STONE**

"Working with my trainer certainly saved my life."

**Graeme Howell**

### **PRE and POST NATAL**

"After my first baby, I felt heavy and lacking self-esteem. After 8 weeks, I was loving the results. I lost 6 inches."

**Wendy Ingram**

### **BRISTOL HALF MARATHON**

"When I started training with MY LIFE I was unable to jog for more than 4 minutes. 3 months later I did the Bristol Half Marathon, my trainers expertise and motivation got me there. I lost 2 stone during the training."

**Sarah Watson**

### **DE-STRESS**

"My life was so busy with work and a young family I could never have organised the time to get fit or even motivate myself to think about it. Booking time out to see my trainer has made me organise my work better and my energy levels have doubled. I spend more time with my family and earn more money."

**Derek Whitehouse**

### **BACK OPERATION**

"After suffering 2 slipped discs I was told life would never be normal again. With my trainer's expert help and injury rehabilitation programme I can play with my children, enjoy my running and I am pain free."

**Richard Stevens**

**www.mylifept.com**

**CLIFTON** 01179 237111  
**REDLAND** 07837 072684  
**CITY CENTRE** 07813 332440