



perpetual  
wellbeing  
health & fitness

*Perpetual Wellbeing Health & Fitness*

*So much more than just Personal Training!*

Worcestershire's premier results focussed, body, mind, health & fitness coaching for those intimidated by large gyms and looking for a more personal, private experience.

For one to one and semi-private personal coaching there is no where else quite like Perpetual Wellbeing's luxury appointment only studio.

We believe that the mind is equally as important as the body when it comes to health and wellbeing and we help people to take full control of their body, mind, health and fitness.

Our coaching methods focus on increasing confidence, boosting self esteem, building strength and increasing fitness to help our clients live healthier, happier and more fulfilling lives.

Offering a safe, comfortable, private and personal environment our expert health & fitness coaches will create a 'personal to you' results driven program assessing your lifestyle, abilities and potential.

To discuss how we can help you, book a free telephone consultation.

Please fill in the following form

<https://www.perpetualwellbeing.co.uk/book-a-session/>

# One to One Coaching

Our exclusive private studio is for those who prefer to exercise alone and in complete privacy with a results driven health and fitness coach.

You will work closely with your coach creating a personalised program which will progress overtime developing your form and technique and resulting in you reaching your goals.

You will have the opportunity to discuss any other issues with your coach, whether they be work, home or self development to help you be the best you.

Our coaching methods focus on increasing self confidence, strength and fitness and helping our clients to live healthier and happier lives.

# Semi-Private Coaching

We recognise that not everyone can afford one to one training and that the company of others can be a motivating, encouraging, challenging and rewarding experience.

In our Semi Private Coaching sessions you will receive the same individual personalised program, with the same professional, mature, experienced coach but share the session, and the cost, with up to three other people.

Each person will be doing their own individual program working towards their goals with the coach managing the session and guiding everyone through their workout.



“JUST FANTASTIC! I'm amazed how much I look forward to my training sessions!

Admittedly I sometimes have to drag myself there but always feel better at the end of a session! I have never stuck with a training program for this length of time. I have been coming here since it opened and have always been inspired and motivated to push myself.

I'm delighted with the results I'm getting as lifelong friends have said they've never seen me in such a good condition! I fit into clothes I never thought I would get into again and feel confident both in, and out of them!” KC (40's)



“A few years ago I wasn’t in the best of health and decided to make a start at Perpetual Wellbeing.

I was never after a six pack or anything, I’m too old for all that! I just wanted to get to a level of fitness to help me get through my life. I have been coming here for nearly four years, twice a week every week and absolutely love it. I like the privacy, I don’t want to go to a gym full of people, and my results speak for themselves.

My posture is better, I am fitter, stronger and can manage to walk around the golf course without getting out of breath! My coach keeps the sessions interesting and varied so I never get bored and always look forward to my next session.” IF (50’s)



“I have never hit the ball as well as I do now!

When I first came to Perpetual Wellbeing, I could barely bend down to pick the ball up, let alone hit it across the course! Playing golf is really important to me. It gets me out of the house and I can socialise and keep fit at the same time.

Adding in some strength training, working on my flexibility and mobility has meant that I can enjoy playing so much more. I even do lunges and squats when I’m waiting to take my shot and encourage my friends to stretch with me before we start!

My body is in great shape and I often get compliments which makes me proud of what I have achieved.” JS (70’s)



“Being a pub landlord controlling my weight is not easy. I am surrounded by food and drink all day everyday!

My weight fluctuates depending on my lifestyle; holidays, days out, socialising with friends and family and by coming to Perpetual Wellbeing I manage to keep within certain boundaries. I would like to lose more weight, but I know I would have to change my lifestyle!

The style of coaching I receive gives me so much more than just weight control. I can off load all my daily stresses and strains as I work out and always leave feeling like I have been listened to and understood. I couldn't go to a normal gym...I wouldn't know what to do. I like the privacy here and I can switch off and just follow the instructions.

I am fitter and stronger than I have ever been and surprise myself at how much more I can achieve each session.” PW (40's)



“Before coming to Perpetual Wellbeing I had tried pretty much everything to lose weight. Slimming clubs, meal replacements, tablets, fasting, personal training.. you name it I'd tried it.

At 36, loathing myself, with no self esteem, at my heaviest and unable to even walk up the stairs without getting out of breath I started at one to one coaching thanks to a friends recommendation. I love the private, quiet environment and my coach helps me in all aspects of my life. I have a very high pressured stressful job and coming here leaves me with a clear head feeling pumped and energised - this is why I keep coming back. I still have a little way to go with my weight loss and I know working with my coach is the only way I will achieve my goal and maintain it long term. I am fit and healthy, I can make good food choices because I understand nutrition, and now have perspective when I have a bad day at work or the husband is being more annoying than usual!!

Perpetual Wellbeing , in my experience is unique, offering a holistic package not just focused on fad food trends or training techniques and it really cares about its clients needs, whatever they may be.” JS (30's)