

## Frequently asked questions

### **Surely I have to diet to lose weight?**

Not true! Dieting focuses your mind on the last thing you want to be concentrating on food. Once the obstacles to success have been removed from your mind and you start to exercise and eat healthily your target weight and shape can be reached easily.

### **How long is a session?**

Sessions are 60 minutes except for the first Hypnosis session which is 90 minutes.

### **Is Hypnosis safe?**

Absolutely the British Medical Association (BMA) and American Medical Association (AMA) have approved the use of hypnosis as far back as 1958.

Please ring us if you have any further questions about hypnosis or ask us to send you a brochure on hypnosis.

### **Will I require a referral from my GP?**

In most cases no. But if the Personal Trainer feels that you require a check-up before commencing the programme you will be informed at your initial free consultation.

### **Why ten sessions?**

It takes a long time to gain excess weight and we feel that 10 sessions is the minimum amount of time required to re-train the mind and body to accept a healthier lifestyle.

### **Can you guarantee my results?**

We believe it is unethical to guarantee something we do not have 100% control over.

We guarantee to use all our knowledge and experience to help you achieve your desired weight loss goal. What you need is commitment. Rome was not built in a day and it takes time and effort to exchange your current habits for better, healthier ones.

*"It is the mind itself which builds the body."*

*Joseph Pilates*

# ZEST FOR LIVING

Carol Bartram(Dip.PT, IIHHT)  
Personal Trainer  
Pilates Instructor  
Massage Therapist  
Robert Bartram (Dip.Hyp)  
Certified Hypnotherapist  
Certified Instructor

We are happy to answer any questions you might have about our program so please call us and take advantage of our free 15 min telephone consultation.

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If you want to be the best you must train with the best". Our training ensures you get the very best and latest Hypnosis and Personal Training methods available today.

Carol is a qualified Personal Trainer and Massage Therapist who gained her qualifications through Premier Training. She is also a Pilates Instructor and gained that qualification through Northern Fitness.

Robert is a Certified Instructor of hypnosis and a Certified Hypnotist with the National Guild of Hypnotists. The NGH which was founded in 1951 in the United States of America is the oldest and largest hypnosis organisation in the world.

*"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young."*

*Joseph Pilates*



## **Advanced Personal Training and Mind Management**

### **Imagine...**

**Living life with better health, greater happiness  
and increased success.  
Free of the excess weight.  
Free to be the person you have always desired**

**Would you like to...  
Shape your body...Shape your life**

**Then call us now to book your free initial  
consultation and assessment**

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## **Advanced Personal Training & Mind Management what is it?**

Personal Training and Hypnosis both stand on their own and are proven to help with weight loss. Now imagine the power to be able to reshape your mind as well as your body. For where the mind goes the body will follow "What the mind can conceive the body can achieve"

By using a unique combination of "Mind Management" techniques and Personal Training we can change and reprogram your mind for success! We can help you remove the limiting beliefs that are holding you back in your efforts to have that ideal body.

Does this sound familiar, you decide to lose weight, you summon up all your "Will Power" and go on a diet perhaps with a slimming club. You struggle and eventually get to your desired weight. You feel fantastic, you have done it! But...After a short time you have put back on all the weight you struggled to lose, maybe even gaining a few extra pounds?

What's going on? Why after all your efforts should this happen? The answer is simple, a part of you did not want to lose the weight, some part of your organic computer we call the mind had been programmed that eating makes you feel better. Until this programming is changed anything you do to achieve your weight loss goals will be sabotaged by your unconscious mind!

That's why this program is different at the same time as we introduce you to proper exercise and nutrition we start working on your Inner Mind removing and replacing the incorrect and limiting programming that has been holding you back from achieving the body you desire.

Once your Inner Mind has been programmed for success any weight loss gains will be long lasting. No more Yo-Yo dieting no more disappointment and shattered dreams.

## **How can it benefit me?**

Imagine a technique that lets you predictably, easily and permanently lose weight. Now imagine that you already have the power to reach your desired weight because you do. This ability is part of your basic "human equipment." Now combine this ability with professional exercise and dietary advice.

You then have a formula which enables you to lose weight and keep it off.

Perhaps you have lost weight in the past with lots of will power and effort. But as soon as you reached your goal and stopped dieting, your Inner mind took over one again, directing you to eat more than your body needed.

By using the mind and body together you can achieve results that are persistent and that can't easily be achieved by training only the body.

We all know that exercise is necessary for good health and longevity. But how much is enough?

When? What type of exercise?

This is where your Personal Trainer comes in.

Someone who listens to what **you** want and structure a specific training programme just for you.

And teaches it to you...

And encourages you...

And pushes you when you'd rather not bother...

Someone who regards your weight loss goal to be as important to them as it is to you.

Combine this personalized, caring approach with Mind Management and you have an unbeatable weight loss solution that will be permanent.

You will be working with Bob and Carol Bartram. Carol is a Premier Qualified Personal Trainer and a qualified Pilates instructor. She has been successfully helping clients reach their health and fitness goals for many years.

Bob is a Certified Instructor of hypnosis and a Certified Hypnotist with the National Guild of Hypnotists.

## **How does your system differ from traditional approaches to weight loss?**

Traditional methods for losing weight focus you more on what you should be avoiding FOOD! By encouraging you to count points and weigh portions you are constantly being refocused on what you don't want to do. Advanced Personal Training and Mind Management by contrast teaches you to only eat when you are hungry and then to encourage you to eat healthy foods and to stop eating when you are full. This approach is not possible unless you include Mind Management into your life.

## **How many sessions will I require?**

We recommend 10 sessions to start with. 5 Personal Training sessions and 5 Hypnosis sessions. If the hypnotist determines that all 5 sessions are not required you can swap them for Personal Training sessions.

## **How much will it cost?**

If you pay for the sessions one at a time they will be £25-00 per session.

If you pay for all the sessions in advance they will be £20-00 per session. When you consider how much it costs with traditional methods £200-00 to £250-00 is a small price to pay for the body you desire.

## **How quickly will I lose weight?**

The amount of weight you lose it in and of itself not important. What is important is the number of inches you lose as this indicates that your fitness and muscle tone is improving.

Having said that the average weight loss for someone on this programme should be approximately 4% of your body weight per month which for the average person will be 2lb per week. This is a safe and sustainable amount which will give excellent results without the feelings of deprivation usually associated with dieting.