

MIND BODY AND SOUL

Personal Training now more affordable with Group Personal Training!

Anthony Sircar (Personal Trainer and Life Coach) believes most people should have access to a Personal Trainer, that's why he has come up with the idea of group personal training to make it more affordable. Have you always wanted a personal trainer but didn't think you could afford it, then why not share the cost with a friend or friends. So you get all the benefits of Anthony's knowledge experience and expertise, which includes diet and nutrition, supervised and personalised workouts, coaching and motivation, but you share the cost with family or friends(maximum4). The other benefit is you

can help support and motivate each other through the process. A former client of Anthony's, Becky Walker stated! after years of being overweight and unsuccessfully trying different diets and joining numerous gyms, I can't believe that I've finally lost 6 stones in weight, dropped 6 dress sizes, become physically fit and have normalized my blood sugar so I no longer have to take my diabetes medication! Just as important is the fact that I've managed to maintain my weight loss. I am still motivated to exercise and am really enjoying my new lifestyle!



Richard and Joy Clachan, pictured, came to Anthony as a couple, and within 4 months Richard had lost 4 stone 3lbs, and Joy had lost 2 stone 12 pounds. Richards blood pressure had also dropped from 171 over 96 to 128 over 82!

Local woman Sue Croft from Seil Island, who has only been with Anthony a fortnight has lost 2 inches off her hips and an inch of her waist already!

Anthony says everyone can lose weight and keep it off with the right guidance and support, it's really about what you eat, not the amount and also your psychological relationship with food and exercise!

The difference that makes the difference is working on the mind as well as the body for permanent change!

The GIPHT slimming program.

Do you constantly go on diets? Do you diet, lose weight, only to put weight back on and more? Have you over the years put even more weight on than you had before dieting in the first place? Then your not on your own! 95% of all people who go on diets put the weight back on, often more than they had in the first place.

If you do what you have always done you will get what you have always got! so its time for a change with the Gipht program slimming from the head down! The reason most diets don't work is they don't take into account the psychological side of dieting or peoples relationship with food. The net result of most diets is you cannot stick to them because you feel deprived, you obsess more about food than you ever did before dieting in the firsts place and you have anxiety around food seeing it as calories or point's and feeling guilty about eating. Along with this you get a drop in self esteem. You blame yourself thinking you have no will power, feeling worse and worse about yourself and eating more to make yourself feel better, and so the roller coaster of YO YO dieting carries on. People eat for many other reasons than hunger itself, so unless these issues

and habits are dealt with people will go back to their old ways when they can no longer stick with the diet. The great thing about banging your head against a brick wall is it feels wonderful when you stop!

So why not try the Gipht it's easy to follow and lifestyle friendly, cuts out calorie counting, and hunger develops a healthy relationship with food.

The diet also includes personal development to raise yourself esteem and confidence leading to a happier and slimmer you.

Two local women decided to make a change and try the Gipht (or a gift to you) Elaine Pearson from Kerrera lost a stone in 5 weeks, and Wendy Dugdale from Seil went from a size 14 to a size 12 in 5 weeks!

Anthony will also be running diet and fitness classes at the new Seil Island hall at 6.30 pm on Mondays!

If you would like to know more about the GIPHT (Glycaemic Index Power of Hydrogen and Transformational) and Anthony, then attend Anthony's seminar that he will be holding at Atlantis Leisure on Tuesday 8th of January at 6.30 pm!



MIND BODY & SOUL



• Tai Chi • Qi gong • Power Chi Yoga • Boxercise • Boxing • Life Coaching



The Beach Health Club
Tai Chi Monday 10.30am
Power Chi Yoga Tuesday 7.45pm
Boxercise Friday 5pm



Atlantis Leisure
Tai Chi Monday 9am
GIPHT Tuesday 6.30pm - 7.30pm
Boxercise Wednesday 10am
Circuit Training Wednesday 6pm
Power Chi Yoga Friday 9.30am
GIPHT Friday 10.45am - 11.45am
Seminar Atlantis Leisure Tuesday 8th
January 2008 at 7pm



Anthony Sircar Tel: 01852 300701 Mobile: 07977 500 771
Email: coldhands7@hotmail.co.uk

