



Product Brochure  
2024

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online



## HEALTH & FITNESS APP

The tool that will help you take control of your health, fitness and wellbeing. With the accountability of Personal Training, HT Fitness Online combines professional advice, exercise regimes, lifestyle coaching and nutrition.

Easy to access and available for you to use anywhere you like, track your progress, food diary and exercise progression.

But the best thing about HT Fitness Online, is that there is a person that has always got your back, me!

My job is to guide, support and motivate you through your journey to a healthier lifestyle, all through the app.

Choose from the different packages to find what suits your needs. From 6-week programmes to month-by-month Personal Training.



I've been with Hannah as an online client for a month after meeting at an event. Hannah is amazing, friendly, informative, kind and supportive. I'm starting from the very beginning with health and fitness and Hannah has put together fun, achievable workouts. The app is super user friendly with workouts and instructions. There's access to food diaries, online learning and loads of other bits too. Give it a go. You won't regret it

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## HEALTH & FITNESS APP

2 Week Blast!

Give yourself a re-boot with this hard-hitting programme. Designed to give you an intense 2 week push to improve fitness, strength, diet and mindset.

6 workouts per week including strength and cardio training

Exercise tutorials

4 coaching videos and documents

Food diary with weekly feedback

Daily habits to complete

Progression tracking

£50



### TESTIMONIAL

I wanted to write a quick "thank you" to Hannah at HT fitness as I'm getting a lot out of the online PT lately.

I've been going to HT for over two years now, since having my third baby Cece.

Having a baby at 40 was...something else!! I didn't want to feel 230 years old for long, so seeing Hannah for PT twice a week kept me energetic and feeling good. Life has gotten in the way this year with starting a new business and having my three kids, so the online PT has saved me! Last minute swaps to my PT sessions due to work commitments has meant I've had to go without sometimes, but the online programme has meant I can squeeze in the gym to suit my diary.

It's the only thing that has gotten me back to the gym since lockdown so for that, I am forever grateful! I also love how it's tailored to me and my sh\*tty knees 😂

If you're a busy mm/woman (aren't we all) and want to find a training programme that fits in with you, I can't recommend the HT online programme enough. Hannah is so helpful and friendly, and having a family and business herself, is totally understanding and a great advocate for the business she runs, helping people like me! Thank you Hannah!

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## HEALTH & FITNESS APP

6 Week Body Focus Bootcamp!

Focus on your health, fitness and wellbeing with this 6 week programme that will help you develop healthy habits, make the most of your workouts and improve your nutrition.

4 workouts per week including strength and cardio training

Exercise tutorials

Coaching videos and documents

Food diary with weekly feedback

Daily habits to complete

Progression tracking

£150



I have been regularly attending Hannah's classes since I was pregnant with my now four-year-old daughter, and she has supported and advised me on fitness and nutrition through pregnancy, post-partum and beyond.

A few weeks ago, after finding that life and juggling full-time work with being a mum of two had completely got in the way of my usual exercise routine, I was looking for something to really boost my fitness and get me back on track.

After chatting with Hannah, she suggested taking the two-week blast on her new app – something to really focus my mind and give me something to stick to. I signed up and found it so easy to download the app and get access to the programme. Over the next two weeks, I followed the plan closely – I logged my meals and drinks, and there was a different workout to do each day. It was tough! But knowing that the app was there to help me stay accountable, and with Hannah's motivational videos and regular messages, it was easy and fun to stay on top of it.

After two weeks, I felt like a different person! I felt so much stronger and back in control of my fitness. I don't weigh myself but I could tell by the fit of my clothes that I had lost some weight – and it even gave me the courage to wear a bikini on holiday!

I would recommend this to anyone – thank you Hannah!

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## HEALTH & FITNESS APP

Online Personal Training Package Example 1:

30 min initial assessment and goal setting session

3 x personalised exercise programmes per week

Exercise Tutorials included

Technique checks included

Daily food diary to complete with weekly feedback and advice

Daily habits to check off

Progression monitoring

Lifestyle and mindset coaching tutorials

3 month block

£67/month

1 month top up

£75/month



I've known Hannah for quite some time now and have attended many of her classes and have used her online fitness app too.

Her classes are always very inclusive, very well structured and lots of fun too! Hannah is very knowledgeable and always ensures that there are various options for each exercise depending on everyone's abilities. Her PT app was brilliant and helped me at a time when I had lost my confidence for attending the gym. I can highly recommend HT Fitness and Hannah.

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## HEALTH & FITNESS APP

Online Personal Training Package Example 2:

30 min initial assessment and goal setting session

3 x personalised exercise programmes per week

Exercise Tutorials included

Technique checks included

Bi weekly meal planner

Daily food diary to complete with weekly feedback and advice

Daily habits to check off

Progression monitoring

Lifestyle and mindset coaching tutorials

1 x 30 min review / face to face session per month (can be in

the studio or via zoom call)

3 month block

£105/month



### TESTIMONIAL

The app is a great way of maximising the benefits of a weekly PT session at home. I used it over the winter months when it was too dark to exercise outside. It is easy to use; the instructions are clear and there is a stopwatch/timer built in. I have just a mat and two pairs of weights, so not much equipment is necessary.

For me, it isn't the same as a face to face PT session, but is a time-efficient and cheap addition to gain more benefit. I felt much better for using it!