



THE 5R VITALITY PROGRAMME - MIND AND BODY

**A 100 DAY PROGRAMME
WITH 4 EXPERTS**

*“This truly is a mind and
body approach”*

YES! YOU CAN HAVE A HAPPY, HARMONIOUS AND HEALTHY LIFE.

You no doubt know someone, perhaps a number of people, who are always full of energy, look great and seem to be living a fantastic life. You don't hear them complaining of aches and pains and they manage to keep really fit and healthy despite their hectic schedule and long list of personal or work commitments.

What's their magic formula?

Some of these people may have stumbled across this successful formula, while others have worked hard at achieving the balance you feel you deserve too.

- They have a strong, yet grounded sense of inner peace and calm
- They hear the messages their body communicates to them and know which foods work for them and which don't
- They have fantastic posture
- They have built a strong healthy physique
- They vary their energetic output as their body needs, to maintain sustainable levels of fitness

Find your version of happy, healthy and harmonious

We've designed our 100 day mind and body transformational programmes to help you move into a new you.

The 100 day programmes are based around our unique, holistic 5R Methodology:

- Reconnect - move beyond self sabotage and get to know the story underneath the story of your goals
- Rebalance - harness powerful relationships with food and drink, breathing and sleep
- Realign - build perfect posture
- Rebuild - develop sustainable levels of fitness
- Recover - strategies for maintaining your equilibrium daily

The programme is right for you if:

- You live in London or the surrounding areas
- You can commit to making changes in your life
- You're open minded to learn and grow into your most authentic self
- You see this as a whole life recharge

The programme is not right for you if:

- You want a quick fix
- You want us to do the work for you
- You're not prepared to make the necessary changes; mentally, physically or nutritionally

YOUR CHALLENGES

We have assessed, coached and re-assessed over 200 clients to date and this has enabled us to gain some key insights into what has or hasn't worked for people when they eventually came to see us. You may feel these are true for you.

Insufficient/poor assessment - This frustrates us because we know every person has a unique set of needs and therefore should be coached accordingly. One-size fits all coaching doesn't work when it comes to maximising your health and wellbeing.

A focus on symptoms and not on the creation of health. We allow the body to find its own balance point by creating a healthy environment for it to do so, not merely look at the problem. This is the key difference between medical and alternative practitioners.

Confusion - Often people will end up with us once they have been to see many other people for help and been frustrated by a lack of results. We spend time debunking some of the myths that have been bestowed onto such clients.

These are factors in why you may also be feeling:

- You lack energy and you're missing that spring in your step
- A constant niggle in your back, neck or shoulder that just won't clear up
- That you can't seem to get into the shape that you'd like
- That you can't achieve your goals be they with health or life goals, no matter how hard you try to discipline yourself

You might identify with all these things or just one of them. However we offer an elegant solution to these challenges by applying our 5R methodology with our clients...

OUR UNIQUE 5R METHOD

Reconnect

You need to set goals in a way that is right for you and with our SUCCESS Goal Setting Methodology you do just that. You also begin to get a feel for why you might have benefited from sabotaging your own best efforts in the past and how to negotiate the self saboteur in the future.

Rebalance

“One mans food is another mans poison” is our motto with rebalance. Not only are we acutely aware of the emotional relationship we all have food but we understand the need for genetic differences with our requirements also. We understand what your body intrinsically will and won't tolerate well and help you build a healthy digestive system using this informations. In consultation with our physiologist we tailor the most bespoke set of nutritional and lifestyle advice you could wish for.

Realign

Without adequate posture you are likely to struggle to get out of pain and optimise your movement. Following a thorough bio-mechanical

assessment measuring everything from top to toe we can plan out whether adjustments, soft tissue massage treatments or other physical work is where you need to begin your corrective exercise journey.

Rebuild

All your training sessions are based around the principle that your body is designed to do seven key movements - Walk, squat, lunge, bend, twist, push and pull. We build these to base standard then begin to challenge you so that you build a robust and healthy body that also looks fantastic.

Recover

Nobody can run at 100% all the time, not even professional athletes. As a working person we're sure you have a busy schedule too. We teach you how to manipulate your exercise and lifestyle effectively so that you are always balancing your body and therefore getting the best from it.

MOVEMENT LIFESTYLE

What do we do?

We offer 100 day mind and body transformational programmes to men and women who are busy, have work and social commitments but see optimal health as the corner stone to the lifestyle that they'd like to achieve. We ensure our clients achieve an uplift in their daily energy and an improved physique with fewer aches and pains.

We have experience of working successfully with over 200 clients over the last 11 years, including A-list celebrities.

Our book "Back to Brilliant" is also an Amazon Top 5 Ranked Book

Our flagship programmes features some of the health and wellbeing industry's top talent.

WHO ARE WE?



Adam Cox - Head coach and owner of Movement Lifestyle.

Adam's background is elite level swimming, with his best event being 100 meters butterfly. After suffering with a debilitating stomach complaint that all but stopped him training he sought a multidisciplinary approach to get to the root of what the problem was.

He did his training with the Chek Institute - World leaders in corrective exercise and holistic health and has worked privately with clients for 11 years. He also now serves as a mentor to the academy students currently under going training with the Chek Institute.

In 2016 Adam published his first book "Back to Brilliant" which became an Amazon Top 5 Ranked Book.



Jameel Shah - Sports therapist and corrective exercise coach.

In 2016 Jimmy graduated the University of East London with a 1st class honours degree in sports therapy.

Jimmy also has experience working with Championship Football side Derby County in the their rehabilitation department and currently works with West Ham Utd academy players during their rehabilitation sessions.

Jimmy was also selected by the Society of Sports Therapists to be the only person in the UK to achieve a travelling scholarship in 2016. During the scholarship he got to go and work with University of Windsor and Toronto, Canada on the Athletic Therapy Programme.



Jonathan Daniells - Osteopath.

Jonathan has been an invaluable resource for Movement Lifestyle and as such has enabled us to improve our client results with services that compliment one another.

He is just as passionate now about what he does as he was when he was a student in 1990. His particular brand of osteopathy is to merge both the intuitive side with the classic structural element.

Jonathan has twenty years of clinical experience and divides his time between two busy clinics in Sevenoaks, Kent and Marylebone, London.

Osteopathic Technique is a subject that Jonathan has been teaching both home and abroad since his graduation from the European School of Osteopathy in 1994.



Graeme Jones - Health physiologist

Graeme is a health physiologist with 10 years of experience within the medical, health and fitness industries.

He currently consults from two private health clinics in London and one in Stockholm Graeme also works with a number of European Tour professional golfers, supporting their health and wellbeing to ensure disease and sub-optimal performance are kept at bay.

His main focus is to help people understand how their lifestyle habits are positively or negatively influencing their health goals, whether that is to increase energy, lose weight, eliminate digestive complaints or accelerate their physical recovery from injury or surgery.

WHAT ARE OTHERS SAYING ABOUT US?

“I was overweight, stressed and on supposedly on life-long medication. I have been seeing Adam for around a year and a half now and the difference he has made to my life is incredible. He doesn’t just give you a schedule to follow but also educates you and this is something you have for life. I have not taken my medication for almost a year and feel absolutely great.” M. Kkafas

I have had major spinal surgery twice and complicated post surgical difficulties. I had trouble in basic movement and after months of rehabilitation and bed rest, I developed problems with my muscle strength and knock-on issues. Since working with Adam I have already, in a few sessions, been able to have a far more active lifestyle and am becoming far more confident in my range of movement within the boundaries that he has suggested. I feel increasingly confident to know I will have much better physical movement in the future without doing further damage, and I am far more aware of my ability now. S. Waxkirsh

“I am in a lot less pain on a daily basis and my back is as good as it has ever been. My overall strength and general health are far superior to before. Considering my medical history, the work and life that I lead all this improvement is quite remarkable. This is in no small part down to Adam’s influence, training and advice.” B. Conway

“Adam is wise beyond his years, totally dedicated to what he does and very much lives what he preaches. His depth and understanding of human nature and health and fitness is extraordinary. I find him inspiring and his positivity is infectious. In terms of nutrition and health he has helped me transform myself” Simon Urwin


OUR PACKAGES

| | Premium | Standard | Lite |
|--------------------------------------|----------------|--------------|--------------|
| Weekly 1on1 coaching | x3 | x2 | x1 |
| Orthopaedic and movement assessments | Yes | Yes | Yes |
| Organ and glandular assessment | Yes | Yes | Yes |
| Nutritional analysis and coaching | Yes | Yes | Yes |
| Supplement pack | Yes | Yes | Yes |
| Food intolerance testing | Yes | Yes | Yes |
| Emotional stress analysis | Yes | Yes | Yes |
| Online video support | Yes | Yes | Yes |
| Magnesium salts | Yes | Yes | Yes |
| SUCCESS Goal Setting and review | Yes | Yes | Yes |
| Swiss ball | Yes | Yes | Yes |
| Foam roller | Yes | Yes | |
| Email support | Yes | Yes | |
| Ergonomics set-up at home and office | Yes | Yes | |
| Clean Kanteen water bottle | Yes | Yes | |
| Detox pack | Yes | | |
| Breakfast pack | Yes | | |
| Associates treatments | | | |
| Osteopathic treatment | x5 | x4 | x3 |
| Lab testing (blood and stool) | Full screening | Intermediate | Basic screen |

Please note: The packages above are examples of how your consultation time may be used. Your best interests will dictate how the time is actually used.

WHY ATTEND A DISCOVERY SESSION?

We're running Discovery Sessions to help you see whether one of our programmes might be right for you. We also understand that coaching is as much about the relationship between the coach and person being coached as it is about the contents of the sessions. Therefore these Discovery Sessions help us to see if we you are the right fit for us too. They also enable you to ask questions directly to Adam, get some clarity and uncover:

- What is holding you back from achieving your health and wellbeing goals
 - A clear plan of action to leave the session with to achieve your goals
 - Some suggested resources to help you with your plan
 - The one key element that will help you unlock abundant health
 - Any myths that you have around nutrition and what the truth really is
 - Whether one of our flagship coaching packages is right for you
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DISCOVERY SESSION ENROLMENT

Your details Mr/Mrs/Miss/Ms _____

First name Last name _____

Email _____

Mobile Number: _____

Address: _____

Post Code: _____

Yes please, I'd love to do a Discovery Session with you.

PAYMENT DETAILS

Session Price: £40

Debit Card Visa Mastercard Cash

Card Number: _____

Security Code: _____ Expiry date: _____