

Welcome to Ben Wilson's Personal training.

It is my aim to help you achieve your goals. To do this I take a holistic approach which addresses your nutrition, exercise and mind.

Nutrition - I use the science of metabolic typing to determine your exact nutritional needs. The foods you need to eat to lose weight and be healthy can be very different from one person to the next.

Exercise – Any good exercise programme covers four distinct areas. These are aerobic, resistance, core and flexibility training. We will implement these both with in the sessions and for following in your own time. As each person is unique so too will be your combination of these four areas.

Mind – I use Emotional freedom technique (EFT) to break down the barriers and blocks to success while also using other techniques to develop the positive outcomes of achieving your goals.

What can you achieve?

The combination of the above techniques can be tailored to your circumstances to allow you to achieve one or more of the following goals:

Weight loss – Lose weight and feel great. I am a specialist in weight loss. I have had so many great results with clients because it takes a holistic view to be successful.

The exercise sessions will greatly increase your fitness and stamina while also being fun and enjoyable. The metabolic typing analysis will tell you what foods will make you lose weight which when combined with your exercise regime is very effective.

Often people are surprised by what they should eat as it is the opposite of what they are eating now. Finally by addressing the mind, eating the right foods and exercising becomes fun and easy as you are using natural motivation rather than forcing yourself.

Improved fitness / Energy / health – Shake up your body with an exercise routine that makes you fitter, stronger and more toned. Combine this with correct nutrition to increase energy and positively influence many health issues. Develop natural motivation through addressing the mind for long term results.

Injury rehabilitation – I have worked with and rehabilitated almost every type of injury. From twisted ankles to a broken spine I have been very effective in combining strengthen and stretching to restore muscle function and rehabilitate injuries.

Sports performance – I have worked with many athletes from professional rugby players to marathon runners. I am author of the book Rugby fitness training: A twelve month conditioning programme and coach of the Swedish national rugby team. I combine metabolic typing, periodization of exercise and sports psychology to get results.

Testimonials

For a full list of testimonials and stories of the people below go to my website testimonials area

<http://www.one2onenutrition.co.uk/Testimonials/Index.htm>

Anu Brady – Went from a dress size 16 to a 10, Lost 5 kg.

With her weight steadily creeping upwards Anu decided to take action and work with me through some personal training. Over a few month period her body changed dramatically dropping from a dress size 16 to a 10



Emma Goodhind – Recovered from a broken spine and fractured hip in four places

After suffering a horrific accident in which Emma broke her pelvis in four places and her spine she worked with me face to face in the gym. Over a 8 month period we rehabilitated her injuries so that she completed a 10km only one year after her accident. Her doctor was amazed.



Adam Jory – Lost 8kg of fat in 6 weeks

New Zealander Adam was looking to get into shape and fast. He signed up and lost 8kg of fat in 6 weeks and stayed trim after finishing the programme. Adam also improved his energy levels.



George fox – Recovered from suspected depression and extreme low energy.

George was on the verge of collapse suffering extreme low energy and what the doctors thought was depression. Working online with me it took just ten weeks before he was transformed and back doing martial arts. He comments that now “He is looking at life from a fresh and motivated perspective”.



Brett port - Brett lived in London, Australia and finally New Zealand by the end of my on line course. Despite his travels he managed to get some good results and improve a number of his health problems including his skin and energy



Gareth Mason – Lost 11 kg (2 stone)

Despite being a professional rugby player for ten years Gareth always found his weight fluctuated. After retiring from rugby and starting work in the city he found that his weight had increased. With an upcoming holiday to Las Vegas Gareth went through the metabolic typing analysis. Through discovering his unique nutritional needs he has managed to lose over 11kg and fit into a jean size he has not worn for 14 years.



Michelle Boyle - Lost 4 Kg and a dress size.

Michelle decided to work with because she was going back to Australia in the summer and had gained weight. Through weekly personal training session Michelle not only achieved the weight she was before coming to England but she managed to drop a dress size to be the smallest she had been for over 10 years. She felt great when she went back to Australia for her holiday.



Andy partridge – Lost almost 2 stone.

Andy from North Wales had been over weight for over around 15 years. After using EFT, metabolic typing and a sustainable exercise routine he has lost just under 2 stones and is still losing weight

Nilufer talay – A Turkish Cypriot Nilufer wanted to get lose 5 Kg. She has achieved this within three months by working online with myself. She now feels happy and comfortable with her new thinner body.

Heather B – Heather B who is based south of Croydon lost over a stone and was really pleased with how she progressed. She says her success was put down to the change in diet while also addressing her mentality around it.

Patrick Byrne – Never a runner Patrick decided to enter the Dublin marathon. He worked with me for around 5 months which resulted in him successfully completing the marathon in 4 hours and 30 minutes.

Behsat Ahmet – Behsat came to me concerned about his speed prior to the Chicago marathon. An intensive month of training brought his time down from 4 hours 30 to break the four hour barrier completing the marathon in 3 hours 50 minutes.

Ramsay dean – Gained muscle while losing fat and greatly improved his rugby performance

Ramsay shocked team mates by coming back from a three week injury with more muscle and less body fat. He greatly improved his conditioning levels to be the fittest player at his national league rugby club.



Other people I have trained in 2007:

- Alan Walker - Lost 8kg
- Joy Evans - Lost 7 Pounds.
- Khrisslyn Goodman - Lost 4 Kg.
- Lynette Tidey - Lost 9 pounds
- Simon homer - Increased rugby performance.

Ben Wilson BSC (Hons) CSCS NSCA- CPT Dip CMTA

I am a personal trainer, nutritionist and EFT practitioner. I have studied and worked in the United States of America, Australia and the UK. A published author I also write for various other publications.

In my previous roles I have dealt with almost every type of client from housewives to business executives and from 10 year olds to 90 years plus. I worked with post cardiac / stroke patients and clients with varying degrees and types of disability. I also have experience of dealing with athletes at the top end of sport and currently act as director of fitness to the Swedish rugby union and national team.

I feel I have a unique understanding into nutrition, exercise and the mind and the methods needed to implement these into your life. Possessing a degree in Chemistry my previous research and work has gained a deep understanding about our underlying biochemistry and the interaction this has with nutrition and lifestyle choices. To complement this I became qualified to deliver biochemically based nutrition recommendations through the science of Metabolic Typing.

A fully qualified personal trainer and strength & conditioning coach I have spent considerable time leading clients towards their goals in a one to one environment. My work with athletes resulted in me writing a book: *Rugby fitness training – A twelve month conditioning.* (June 2006). Possessing the world's leading certificate on training athletes for peak performance, the Certified strength & conditioning certificate (CSCS) (San Francisco, 2003) I have all the skills to handle every type of client.

To complement the above I am now a qualified Emotional freedom technique (EFT) practitioner. This follows on sitting the National Federation of Spiritual Healers (NFSH) foundation course. I am able to help you develop a mind set to succeed. I am a Level 3 member of Register of exercise professional (REPS) and National Strength & Conditioning Association (NSCA).



What happens in a session?

Each session is tailored to your needs. In each session you will do a full exercise routine. This includes aerobic training (running, boxing etc) and resistance exercises (dumb bells, body weight exercises etc). In addition to this we will focus on core training which targets strengthening the stomach area to prevent and rehabilitate injuries while creating a flat stomach (Similar to pilates, yoga etc). Finally we will perform some exercises aimed at increasing flexibility.



Aerobic training



Resistance training



Core training



Flexibility training

In addition to the exercise we will also focus on nutrition, do EFT therapy or other mental strategies as is necessary for success.

Sessions are aimed to be last one hour but may extend up to an hour and a quarter.

What else do I get as part of the training?

A metabolic typing analysis and subsequent results

You will receive a colour coded food chart which is a blue print for success. These recommendations are then tailored to your over the subsequent sessions.

Vegetables		
<i>low starch</i>	<i>low starch</i>	<i>low starch</i>
Asparagus + >	Cabbage	Broccoli
Cauliflower + >	Cucumber	Brussels Sprout
Celery	Ginger Root	Garlic
Mushroom + >	<i>medium starch</i>	Onion
<i>medium starch</i>	Bamboo Shoots	Pepper (hot, all colors)
Avocado >	Bok Choy	Scallion
Green Bean + >	Daikon	Shallot

One years' access to my member's area

My member's area contains over 70 audio recordings, exercise programmes and many interactive features such as videos and information sheets. This is a fantastic back up to the individual sessions. You will gain one year's access to this area starting the personal training.



Exercise programme for your own time

The training sessions will motivate and push you towards your goals. I will design a training programme for you to follow in the gym. There are also home training programmes and more which you can download from the member's area to back up what you do in the gym.

Resistance training	Functional training			
Reps	15	10	5	1
Rest	60s	60s	60s	3
Core	Base			
	30s	60s	90s	9

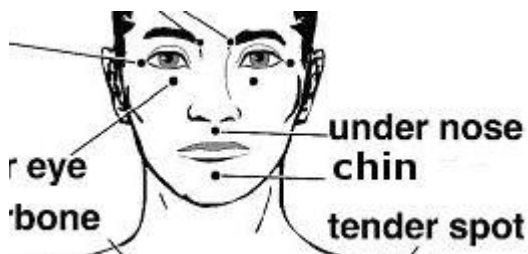
Exercise press-up

- > Lying on your front with your hands to push backwards.
- > Keep your hips on the floor and lift the spine curl up to a comfortable point.
- > Do not force the spine let the body give naturally.



EFT therapy and other mental techniques

We will develop the mind set for success through using Emotional freedom technique (EFT) and other mental strategies and techniques. EFT involves simply tapping certain acupuncture points with your fingers while saying statements surrounding a particular issue. It is fun and easy to do.



Contact outside of the sessions -

I am also available by email or phone outside of the sessions to answer questions and problems. I also send texts in between sessions to check you are not up to no good!

Location, Contact and more information



Map of facilities available

 – Oyster Wharf private gym

CJ - Clapham junction fitness first

MA - Millennium arena athletics track

For personal training,
nutrition coaching or EFT
therapy please contact

Ben Wilson

07915 397703 or

0207 585 3289

info@one2onenutrition.co.uk

www.one2onenutrition.co.uk

More information

For more information on everything contained in this brochure check out the articles page of my web site:

<http://www.one2onenutrition.co.uk/articles.htm>

For weekly newsletter which contains many articles to complement our training visit the home page below and enter your email and name in the box provided (please remember to click the confirmation email link which often lurks in the junk mail folder):

<http://www.one2onenutrition.co.uk/>

The member's area

On signing up you get access to my member's area. This contains over 70 audio recordings detailing all you need to know about achieving your goals and acts as a great back up resource to our training. Log in using your email address and the password generated for you at:

<http://www.one2onenutrition.co.uk/Members-area/Further-pages/Log-in-pages/Log-in-page.php>

I Look forward to speaking to you soon and getting some great results going forwards.

Best wishes

Ben Wilson