

Dear Clapham Resident

If you are looking to improve your fitness, health and lifestyle in the next few months we may have just the solution for you. Lee Donaghy is one of our most experienced Personal Trainers and has recently moved to Clapham. He has already built up an impressive client list of film producers, pregnant mums, Chief Executives and retired couples, but is looking for a few more clients in the Clapham area. Lee is an exceptional trainer and his approach takes into account genetics, biomechanics, diet, neuromuscular function and posture, working with you to create training and lifestyle solutions that really work. His training can slot into your life in any way that works best for you – once a month, once a week or once a day!



We invite you to experience his exceptional training techniques with a free consultation and trial session in your home or a local park.

All 4D Trainers provide an extensive array of specialist, professional mobile training equipment that you will not have seen in any health club or gym. It is designed and used by the US military, German Physiotherapists, UK Neurophysiologists and NASA! Here's what two of our clients have to say:

Patricia Williams: "I am glad to provide a very strong recommendation for 4D Fitness. I am 67 and not at all fit, having suffered from arthritis for several years. I approached them in July of this year for advice about how to regain strength and fitness following knee surgery in February. I have found my trainer to have a deep knowledge and experience of all aspects of strength and fitness, as well as the ability to give clear and informative answers to questions I have raised. His convincing emphasis on the importance of building up over-all body strength, balance and stamina to enable one to carry out all the ordinary tasks of life safely, as opposed to focusing more narrowly on specific weakness or injuries, has been very successful for me."

Adam Moore - Team GB Triathlete, placed 15th World Championships 2009: "When searching for a coach/trainer you need an individual or a team that you can trust, rely on and 100% believe will get the best out of you as an athlete. These are the qualities I have found whilst working with 4D Fitness. Competing in high intensity triathlon's you need to be on top of your game and in peak condition to perform at the highest level. 4D have improved my performance and function by developing my core, lactate threshold and endurance using methods that are unique to 4D Fitness. I would without doubt recommend them to anyone who wants a better quality of living and the opportunity to take their performance to the next level. Thank you for helping me get to the World triathlon championships and I look forward to working with you and achieving our goals for next year.."

Sessions are 60 minutes long, can be in your home or at a local park, and cover exercise, nutrition, posture **and** lifestyle. We are offering an additional **10%** off our normal block booking rate, taking the hourly price to £45, for local Clapham clients. Please call or email me for more information or to book a free, no obligation consultation with Lee, or visit 4dfitness.com.

Yours faithfully

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