



## INTRODUCING **FITNESS** COACHING

YOUR NEW PATH TO A  
STRONGER, HEALTHIER YOU!

A POWERFUL NEW BENEFIT CREATED TO HELP YOU FEEL YOUR BEST, EVERY DAY

**YOUR WELL-BEING  
JUST LEVELLED UP.**

Fitness Coaching is here bringing you personalised support to move better, feel stronger, and build routines that boost your energy, confidence, and overall well-being. Because when you move well, you live well.



### Why This New Benefit Matters

Your physical and mental health are connected. That's why Fitness Coaching is designed to give you:



Practical,  
personalised  
guidance



Support that  
fits your lifestyle



A safe space to  
learn, move and grow  
at your pace



Tools to build strength,  
reduce discomfort,  
and increase resilience

### Your Coach Will Help You:



Move safely  
and confidently



Build simple,  
sustainable  
routines



Improve  
posture and  
daily functional  
movement



Set realistic  
goals that build  
long term strength  
and health

**READY TO MOVE  
FORWARD?**

START YOUR FITNESS  
COACHING JOURNEY TODAY



Scan the QR code or contact our AskNelson support line to book your session.

AskNelson



0800 635 766 or \*134\* 928#  
Send a 'please call me' to 072 620 5699



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Confidentiality  
Guaranteed