

David Walker @

# The **FITNESS** Van

## About Me...

As a national standard athlete, I regularly competed in the National League and major championships for my club and region and was a medallist at the Australian University Games.



Having spent years taking care of my own health and fitness, I've picked up a wide range of ideas. I've never used a gym, even at my athletic peak, and I'm confident it's not necessary to use one to attain strong levels of health and fitness.

## UK Athletics Coach...

I ran a training group of sprinters and hurdlers for one of the top athletics clubs in the North East, focussing on technique and speed development.

I'm comfortable working with all abilities – my squad contained beginners, English Schools medallists, and some more in between.

## Strength & Conditioning...

My coaching over the years has progressed in the direction of strength and conditioning. In order to perform actions correctly, it is vital that the large muscles in the core of the body are strong and fully functioning. Exercises to ensure this form an important part of most training plans. The good news is — they're great fun to do!

Bringing  
the gym  
to you

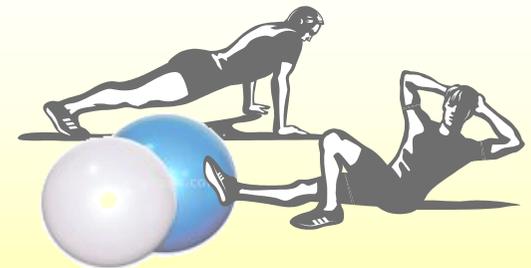


info@thefitnessvan.com  
**07870 667930**  
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# What You Can Expect...



## Individual attention...

From a training plan tailored to your personal needs, to fully supervised workouts. I can also provide advice on diet, lifestyle and personal equipment if requested.

## Empathy...

I've never felt good in gym environments. I aim to address the need for feeling comfortable and safe, as I'm dedicated to stopping you feeling how I used to feel at the gym.

## Expertise...

For as long as I can remember, I have either been taking care of my own, or other peoples fitness, with a high level of success. I'd like to share that with you.

## Simplicity...

By using a combination of the most basic machines, simple activities, and strength work based on your own body, under my supervision you can attain the same fitness as you would in an old-school gym, without any public display!

## Variety...

I aim to keep things fresh by not only using a variety of techniques, but also by varying our location, depending of course on the client's needs. I have worked in many different environments, for example parks, stockrooms at a client's office, as well as at many different sized homes. I try to work into sessions any requests a client has — within reason of course!

# The Gym's Not Your Thing...



## Not a gym rat...

Gyms and fitness establishments can be intimidating places, especially for those who aren't in peak condition. The Fitness Van can help if you...

- ☒ Don't have time to fit a gym visit into your daily routine...
- ☒ Need someone with you consistently, to make sure you don't slack off and waste your time...
- ☒ Aren't ready for the world to see you in your sweats...
- ☒ Get disheartened by super-fit Adonis's pumping iron whilst barely breaking a sweat...
- ☒ Find the idea of learning to use a lot of complicated machines puts you off the idea of fitness training...

## Your Requirements...

There is very little you need to do, other than contact me to arrange a consultation!

All I do need is:

- ✓ Your desire to improve your health
- ✓ A space to work in — roughly 2m x 2m with reasonable access is the smallest I've worked with to date
- ✓ Somewhere nearby that I can park the van
- ✓ You to ensure you're in good enough health to undertake physical exercise

If you have any questions regarding these requirements, or anything else — please ask away!

# Session Prices...



## Rewarding your work...

1 session per week	£30.00
2 sessions	£55.00
3 sessions	£80.00
4 sessions	£100.00
5 sessions	£115.00

\$\$ Discounts available for pre-booking sessions over £200 value  
\$\$ Check the website for seasonal offers and group discounts

## Call now for your free consultation...

Contact me to arrange a personal consultation, where we will discuss your needs and my services in a no-obligation environment.

Each session lasts approximately 1 hour including warm-up and cool-down. Prices quoted on consultation remain valid for 10 sessions or 3 months.

A deposit will be required on booking your first session, to be held against cancellations within 36 hours of the time of the booked session.