

▶ futureproof fitness™

personal training | sports massage | wellness advice

protect your future

▶ futureproof your health and fitness today.

[futureproof-fitness.com](https://futureproof-fitness.com)

# Welcome to futureproof fitness™ – your local, mobile fitness company.

accredited member:



**daigo smith**  
founder, head trainer  
and therapist

We offer bespoke personal training, massage, wellness and nutrition packages across London and Surrey, wherever and whenever is most convenient for you – in your home, private studio, office or any outdoor space.

Whatever your age or fitness level, if you're interested in keeping healthy and fit for your future, but not a fan of the traditional gym setting, we may be the answer.

Enjoy one-to-one attention, motivation and support; escape the hassle of busy gym-life.

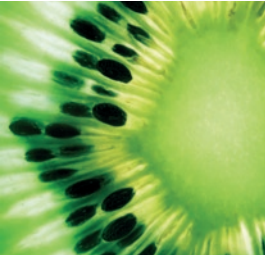
Keen to know more? Simply contact us for an informal discussion and arrange your free, no obligation consultation or visit [futureproof-fitness.com](http://futureproof-fitness.com) for more details.

Talk to you soon,

A handwritten signature of Daigo Smith in white ink, written in a cursive style.

# let the gym come to you

Wellness Analysis | Personal Training | Sports Massage Therapy



## our qualifications

- ▶ **Diploma in personal training and sports massage therapy**
- ▶ **Level 3 advanced instructor REPs**  
(The highest level attainable on the UK Register of Exercise Professionals [www.exerciseregister.org](http://www.exerciseregister.org))
- ▶ **Certificate in GP exercise referral**
- ▶ **NRPT member** (National Register of Personal Trainers [www.nrpt.co.uk](http://www.nrpt.co.uk))
- ▶ **Certificate in emergency first aid**
- ▶ **Fully insured** (even in your home)

For a complete list of qualifications, accreditation and medical conditions we are qualified to treat please visit [futureproof-fitness.com](http://futureproof-fitness.com)

Comfort and convenience in your home, office, private studio or an inspiring workout in the great outdoors, we bring our expertise and the latest mobile fitness equipment direct to you.

Whether you're an individual desiring a fit, healthy future or an organisation seeking a happier, healthier workforce, our expert analysis, programme design, one-to-one motivation and support can help you achieve your goals.

## for your free consultation

call: **07790 263 657**

email: [info@futureproof-fitness.com](mailto:info@futureproof-fitness.com)

online: [futureproof-fitness.com](http://futureproof-fitness.com)

▶ **futureproof fitness™**

discover an entirely fresh approach



# wellness analysis



assess your  
health and  
fitness,  
scientifically

**Every futureproof fitness™ journey begins with a Wellness Analysis, an evaluation of your current wellness across 4 key areas, offering a choice of assessments:**

▶ **health analysis**

blood pressure, body composition, blood glucose and cholesterol levels, lung function, metabolic rate

▶ **fitness analysis**

cardiovascular, strength, endurance, core, power, speed, agility

▶ **physical analysis**

injury screening, posture, flexibility, co-ordination, functional ability

▶ **lifestyle and goal analysis**

diet and nutrition, sleep, stress, motivation and goals, performance profiling

Wellness Analysis provides a vital benchmark of your status today and regular analysis (every 5 weeks) allows your progress to be accurately monitored ensuring your programme design is safe, effective and achievable.

Beneficial Wellness Advice, unique to your goals, is formulated from your analysis results, forming an integral part of your total health, fitness, lifestyle and nutrition plan.

**duration: 2 - 4 hours, depending on the depth of analysis**

Prices: from £50 per hour  
(including a comprehensive written report)



expertise,  
motivation  
and support

make fitness  
full of the things  
you enjoy

# personal training

fresh air,  
inspiring workouts



Whatever your age or fitness level, we'll work with you to design and manage a personal training plan unique to your goals, preferences and budget.

Whether your objective is good health, weight loss, improved muscle tone or simply increased energy and a better outlook on life, we'll be creative and make fitness full of the things you enjoy.

**duration: each session lasts for 1 hour**

Prices: from £40 per hour



## our areas of specialism

- ▶ Outdoor training
- ▶ New to fitness
- ▶ Returning to fitness
- ▶ 50+ fitness
- ▶ Postural enhancement
- ▶ Cardiovascular (CV) fitness
- ▶ Boxing pad-work for fitness
- ▶ Weight loss and management
- ▶ GP exercise referral
- ▶ Core stability
- ▶ Everyday, functional fitness
- ▶ Sports-specific fitness
- ▶ Sculpting and toning
- ▶ Muscular strength and endurance
- ▶ Flexibility
- ▶ Speed, power and agility





# sports massage therapy

## Muscular aches, pains or injuries? Sports massage therapy can help.

Not simply for sports people, but offering real benefits for everyone, this deep-tissue massage treatment is tailored to address your specific needs.

As much designed for those chained to their sofa or desk, as for those playing sport, it offers relaxation, pain-relief and the rehabilitation of minor injuries.

Your therapist will bring everything you need to your chosen location, including massage couch, oil and towels. A full and comprehensive set of notes are written-up each session.

## our services

- ▶ Postural and musculoskeletal analysis
- ▶ Relaxation sports massage
- ▶ Injury-specific sports massage
- ▶ Pre and post-exercise sports massage
- ▶ Post-care wellness advice

**duration: each treatment lasts for 1 hour**

Prices: from £40 per hour



# packages

Wellness Analysis | Personal Training | Sports Massage Therapy

**It's our belief that regular analysis, personal training and sports massage go hand in hand on your path to good health and fitness, so we offer a range of combined packages to suit all needs and budgets.**

Choose from a range of 10-week packages for the best savings and to give yourself the best chance of health and fitness in the long-term, alternatively book each element individually.

## more affordable than you think

Once the preserve of the elite athlete or celebrity, personal training and sports massage therapy is now a practical alternative to costly gym membership. We charge no joining or membership fees, no call-out fees and guarantee no hidden charges.

for your free consultation

call: **07790 263 657**

email: **info@futureproof-fitness.com**

online: **futureproof-fitness.com**

## corporate services

Whether it's assessing the health and fitness of your staff, a lunchtime workout or a relaxing sports massage at the end of a hard week, we can help your organisation improve the health, fitness and wellbeing of your employees.

Contact us for further details about our corporate packages.





# get in touch

## let the gym come you

Discover how we can help you achieve your health and fitness goals from the comfort and convenience of your home, office, private studio or outdoors. Simply go online or contact us to arrange your free consultation:

by phone: **07790 263 657**

by email: **info@futureproof-fitness.com**

online: **futureproof-fitness.com**

## our opening times

We work around what's best for you, so your trainer is available and fully mobile from 6am - 10pm, 7 days a week.

## our promise to you

- ▶ Make every session safe, effective, challenging, varied and enjoyable
- ▶ Monitor your progress and adapt your plan accordingly
- ▶ Educate you about your health and fitness, highlighting any risks
- ▶ Teach you the correct exercises with the right technique for you
- ▶ Keep you up-to-date with the latest training principles

## tell us what you think

We'd love to know what you think about us, your new local fitness service. Email us your thoughts on **thinking@futureproof-fitness.com**