

SPORTS SPECIFIC TRAINING & NUTRITION PLANS

Guaranteed to enhance your performance, make you fitter, faster, stronger, improve mental alertness and enhance a quicker recovery from workouts and games.

What to expect

Laura will ask you to provide her with information on your training and nutritional needs, she will send you a simple questionnaire which asks for information such as:

Your specific sport?

How many times per week do you train?

What are your current dietary habits?

What supplements (if any) you take?

Laura will take into consideration all of the above and more, and will work with you to design a personalised plan that will work for you. This will be discussed in full during your consultation which can happen either in person, by phone or Skype.

EMAIL LAURA NOW !!
info@laurachurch.com

ABOUT LAURA



Formerly a British international sports woman; Laura has competed in: Judo, Miss Fitness and Figure Body Building.

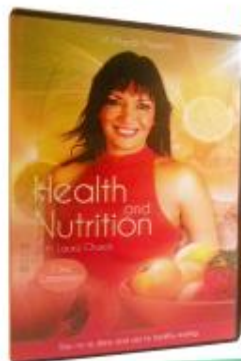
Laura has dedicated over 30 years helping thousands of people to achieve their goals. Working with clients from all walks of life, young and old, so if you have a specific medical need, are training for an event or just want to improve the way you look & feel, then a customised plan is the way forward.

In the Media

Laura has been very active in the media both nationally and internationally; frequently invited to speak on the BBC, Sky One, Meridian Tonight, Kilroy, Marbella TV, The Time The Place, Channel 5, Eurosport, and many radio stations.

Laura featured as one of the judges on 'Body Spectacular' (Discovery Health Channel)

Currently you can see Laura presenting her own show on 'Health and Nutrition' on the Sky Active Channel. Laura also hosts nutrition workshops as well as speaking at seminars for the NHS PCT for doctors and staff.



GET LAURA'S DVD

"7 Episodes of Laura's Health & Nutrition TV Show to watch with the whole family"

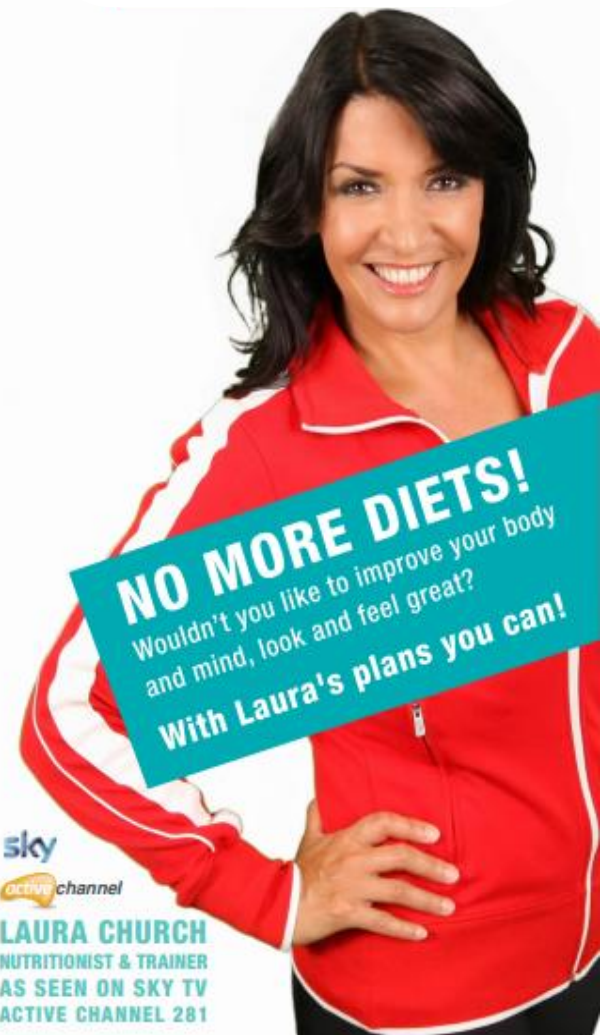


£22.99
(UK post inc.)

For more info go to:
www.laurachurch.co.uk



LAURA'S ACADEMY OF NUTRITION & EXERCISE



NO MORE DIETS!
Wouldn't you like to improve your body and mind, look and feel great?
With Laura's plans you can!

sky
active channel

LAURA CHURCH
NUTRITIONIST & TRAINER
AS SEEN ON SKY TV
ACTIVE CHANNEL 281

HEALTHY EATING PLAN

Talk to Laura:

Get a personal food plan

Do you want to learn how you can eat tasty and nutritious food throughout the day and never have to feel hungry again, and you will maintain a healthy weight, which will enable you to have more energy, look and feel great?

WITH LAURA'S PLANS YOU CAN!

What to expect:

We will schedule a 40min consultation (by phone, skype or in person) to talk with Laura about your goals and requirements, she will use this session to teach you her secrets and techniques.

Laura will then design a plan to suit your individual needs, and send it to you by email or post, as requested.

Your plan will include:

- A guide on nutrition, food groups and how your body works;
- Your own personalised food plan;
- How to cook and prepare your food;
- A set of recipe ideas;
- Advice on eating while on the go, at work or travelling;
- A staying healthy hints and tips sheet;
- After using your plan for 2 weeks you will get a follow up call from Laura to check on your progress and fine tune your plan.



FAMILY FOOD & FITNESS PLAN



Spend two days with Celebrity Nutritionist Laura Church:

Laura can visit your home and design a personalised Healthy Eating & Living Plan for the whole family and help you with:

Tasty food preparation & cooking techniques:

A cooking class for the whole family, Laura will teach you her secrets for preparing tasty nutritious food that will keep you and your family full of energy and loving all of your meals.

Shopping:

Go on a grocery shopping trip with Laura where she will teach you how to shop for healthy and tasty foods and still stay within your budget.

and much more...



PERSONAL TRAINING SESSIONS



One-To-One personal training session with Laura in her private gym.

Laura provides a bespoke training programme which allows her clients to achieve their individual goals. Her clients include professional athletes, footballers, singers, businessmen, housewives and children.

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Exercise and Medical Conditions

As a respected professional Laura often receives referrals from GP's, Plastic Surgeons, Psychiatrists and Osteopaths. Laura works with clients suffering from many medical conditions such as:

- Diabetes
- Obesity
- Heart Disease
- High Blood Pressure
- MS
- Irritable Bowel Syndrome
- Arthritis
- Anorexia/Bulimia
- Acne & Eczema
- Depression
- Insomnia
- PMT
- and many more....

"With Laura's help, in the last 7 weeks my patient has successfully reduced his body fat, blood pressure, cholesterol, and is fitter and healthier. I think that Laura's influence is hugely beneficial. "

Dr David Brennand-Roper
Cardiologist
Guy's & St Thomas' Hospital