

FREQUENTLY ASKED QUESTIONS



MBS HOLISTIC TRAINING



Hi,
Thank you for requesting more information on my health, fitness and nutrition coaching programmes.

I'm presuming you are reading this because

you want to make a change for the better in your life. Perhaps you've tried a number of highly-touted fitness and weight loss solutions over the years, with little to no success or perhaps you have an injury that has been nagging you for some time. Now, you've reached the point where you're fed up with empty promises and you've decided enough is enough. You're ready to make a serious commitment. You're ready to change your life.

Well, if that's you, then you've come to the right place. I can help. I've coached hundreds of clients throughout Invercargill, Southland – in fact right throughout New Zealand and abroad on how to become pain free and have great health and fitness success. My programmes work and they work fast! I'm not saying that to brag, I'm saying that to let you know that if you're serious about getting the best results possible from your health and fitness programme, I'm serious about helping you achieve your goals.

Want proof? I've included some testimonials from a number of our clients on our website at www.mbsht.co.nz. They are all real people, just like you. They were once struggling with injuries, their weight, health and energy. They were unsure of what to do. Some of them didn't have time to go to a crowded gym, but they were smart enough to realise that following a "programme-of-the-month" they found in a magazine wasn't going to get the job done. That's when they gave me a call.

Once you've read through some of the information on my programmes, I invite you to call me on **021 330 424** or email me at dave@mbsht.co.nz to schedule a complimentary private consultation to discuss your personal health and fitness goals. If you're ready to make the commitment, I'm here to help you. But please, serious inquiries only.

Questions and Answers about how you can achieve your health and fitness goals with MBS Holistic Training.

Q: What types of service do you offer?

A: Corrective Holistic Exercise Kinesiology

Is for people who have (had) an injury, or that have poor movement patterns and or poor posture or muscle imbalances. I work with the individual to identify the underlying cause and or limiting factor and then work with that person to correct it through joint mobilisation, corrective stretching and corrective exercise.

B: Nutrition and Holistic Lifestyle Coaching

Here, I help people optimise their health and wellness by teaching them the right food for their individual body and help them understand what lifestyle habits are affecting their health and wellness and how they can fix them. Once these habits are identified I work with the client to create a plan and integrate changes in their lifestyle to create healing opportunities.

C: Functional Diagnostic Nutrition (FDN)

Bridges the gap between clinical nutrition and functional medicine. FDN is a type of detective work that seeks to identify and correct the underlying causes and conditions that lead to the patient's health complaints. Once this is complete, I then work with the client to create healing opportunities rather than just treating symptoms. During the course of this work we may test a client's gut function, liver function, hair analysis, hormonal imbalances, food sensitivities, mineral and vitamin deficiencies.

D: Personal Training

Can be done on a One on One level or in small groups and is about helping people achieve their ideal health and fitness – whatever their goals are. I've worked with Silver Ferns, clients running ultra-marathons, climbing to the base camp of Mt Everest right through to people who just want to lose a little weight and feel better about themselves or to just be able to keep up with the grand-kids.

E: Health and Wellness Seminars

Typically this is done in a corporate / work place environment, however I am happy to come and speak to your club / group. The health and wellness seminars have their foundation structured from the C.H.E.K Institute Nutrition and Holistic Lifestyle Coaching fundamentals. The seminars bring together and teach an awareness of a range of health, wellness, body structure and postural pain relief principles. When people have the knowledge to help themselves become and stay healthy, they become happier in themselves, which transfers into happiness in the home. As these

aspects of their life improve there is a greater sense of increased energy and vitality transferred to their rest of their life.

Seminar durations and structure can be tailored to specific needs and in general revolve around 60, 90 minute or half day time spans.

Q: What types of clients do you work with?

A: I work with clients who are serious about achieving their health and wellness goals and who have an injury or health issue or who want to reduce body fat, lose weight, increase strength and or develop a lean and toned physique. Typically there are three stages that I work with clients:-

1. I work to first correct any imbalances within your body – nutrition, muscle, joint, lifestyle habits, movement, hormones, gut function etc.
2. Then I will work with you to strengthen the entire body. While I am doing this we will be working on your specific goals – whatever they may be.
3. Because every person is different, and will respond differently to different modalities I develop a programme designed to take your individual and specific needs into account and work one-on-one with you to achieve this.

My clients range in age from early teens to late 70's.

Regardless of age, they all want to look and feel their best, get fit, and improve their health. They are typically "sick and tired" of being "sick and tired" and have finally decided it's time to focus on making time for health and fitness.

Q: How is working with you different from working with a trainer at my gym or health club?

A: I typically don't offer generic programmes and I NEVER just give you a workout. I am a health and fitness professional and I take pride in delivering exceptional service and in helping my clients to get the best results possible. All my programmes are complete in that they include what I call the 7 proven components of success:

1. Assessment – Nutrition, hormones, health appraisal, posture, movement, muscle. If you're not assessing you're guessing.
2. Nutrition – The foundation for a long and healthy life.
3. Supplementation – To fill the voids in our diet.
4. Resistance training – To add stability and

strength and "super-charge" your metabolism.

5. Cardiovascular exercise – To optimise circulation and detoxification.
6. Flexibility and joint mobility (as required) – To prevent injury and promote recovery.
7. Coaching – To provide expert knowledge, support, and accountability – all the things that make the difference in getting you to the finish line.

This ensures that my clients get the best immediate results possible in the shortest period of time, and also develop the lifestyle habits required to maintain results over the long haul.

Q: What types of results can I expect to achieve in working with you?

A: Exceptional results. That's why you hire me as a professional. In fact I am so confident in my coaching services that I guarantee your results 100% or your money back. To read / watch success stories, visit our website at www.mbsht.co.nz and visit my Testimonials page.

Q: What's included in your training programmes?

A: All of my programmes include an initial testing and evaluation, from there I outline the steps I need to coach you through in order to achieve your goals within a written proposal. Those steps may include some joint mobilisations, stretching, corrective exercise, nutrition, some level of supplementation and or include further testing. I will recommend what I believe it is you need to achieve your goals and regardless of what work we are doing together, you will always have access to my qualifications and my 20 years plus of experience in the health and fitness industry, I will always give you the best I have to offer.

Q: You talk a lot about nutrition. Why? Is nutrition that important to my success?

A: All good health originates from the gut. If the gut is healthy you will be too. The food we eat nourishes and fuels our gut. The food our gut is able to absorb in turn rebuilds, refuels and nourishes our bodies to give us the health and vitality we desire. Why is nutrition important – you are what you eat. Actually what you eat is important, but more importantly you are what your body can digest and absorb.

Q: How long do your health and fitness programmes last?

A: Based on your initial assessment and what your goals are, I will determine and recommend the appropriate length of time we work together. For some people that just means three to four coaching sessions and for others, who have long term goals such as back rehab, it can be for six months. Some clients prefer to catch up for weekly training / coaching sessions, while others do great with following programme design and perform their workouts at their own gym or home, committing to meet with me at regular intervals for assessments and to update their programme. We determine together what's best for you during your initial consultation.

Q: Where do you provide services?

A: I have an office at the YMCA Invercargill which is where I do most of my work, however I can travel, if required. I have clients who train in the YMCA, at other gyms and in the privacy of their own home. I also work with clients who live further away through online coaching programmes using skype and phone.

Q: Do I need to have home equipment if I am going to be working out in my home?

A: If you have exercise equipment great. If you don't, then you may need to get some of the basics. That said, unless you are power lifting, body building, or in competitive sports, all you need is to work the correct muscle and movement patterns and you can do that with body weight calisthenics, exercise bands, free weights, manual resistance, exercise balls, etc.

If you would like to design your own home gym, I can help you make the right investment, given your health and fitness goals.

Q: Do you work with couples or friends that want to work out together?

A: Yes. I have clients that have achieved great results by working out together with a spouse, friend or family member on a "buddy system" type of programme. This can be extremely powerful as a strong team supports each other's success and creates an environment for lifelong health.

Q: Your programme seems great! How much does it cost to work with you?

A: Prices vary by the type of programme you choose. My initial assessments range from \$200 to \$250. Once your assessment is done I will draw up a proposal on how to get you from where you are to where you want to be. Depending on the number of sessions you choose, these proposals can range between \$100-\$300 per month or more, depending on the options you choose.

Please contact me to schedule a consultation and review your goals, I would be happy to discuss the best option to meet your needs.

Q: I'm interested in working with you, what's the best way to speak with you further?

A: By scheduling a consultation. Please feel free to call Dave on 021330424 or email dave@mbsht.co.nz to schedule your consultation today.