

Coaching with **BETH LAVIS FITNESS**

Everything you need to know...



Personal Trainer & Online Coach

'I help women build strength, confidence and healthy habits'

I'm on a mission to help as many women as I can feel strong, healthy and confident.

With so much information about health and fitness out in the world, it's easy to understand why many women feel overwhelmed. I want to help you, by teaching you how to achieve your goals through living a more sustainably healthy lifestyle.

Let's say goodbye to quick fix/fad diets and hello to a future with an abundance of health.



What do I provide?

LIFESTYLE

First and foremost, I help my clients build sustainable, every day habits which will enhance the quality of their day to day lives well beyond their coaching journey. A big part of my coaching process is not only changing the actions you take each day, but also changing your mindset toward living a healthy lifestyle.

TRAINING

Each of my clients receive a fully customised workout/training program to help them reach their goals. My programming caters to everyone, whether you're already a regular gym goer, a home workout bunny or just starting your journey. I will effectively program your activity with your goals and facilities at the forefront.

NUTRITION

As a qualified nutrition advisor, I provide my clients with a flexible, non-restrictive approach to nutrition coaching. Following an IIFYM (if it fits your macros) protocol, my nutrition coaching packages are designed to help you continue enjoying food whilst learning how to fuel your body long term.

SUPPORT

I am here for my clients all day, every day. As my client you'll receive unlimited, daily support via WhatsApp as well as weekly check-in calls/videos to keep you accountable along the way. All of my clients receive their own app to log and monitor both their workouts, and their progress throughout the coaching journey.

"Beth is absolutely wonderful, not only as a training coach, more like a friend always gives support and take care of me. My fitness journey started four months ago and my life has changed positively in many ways, coming to understand what exactly a healthy active lifestyle means to me personally, and I feel so lucky to choose the right person to guide me through the whole process, push me to be stronger and stronger in physical strength and mental mind, more importantly to cheer me up when I was having my downs."

MABEL (HYBRID COACHING CLIENT)



What do I offer?

ONLINE COACHING

The best part about Online Coaching is that it enables me to work with so many amazing women, from all over the country. Online Coaching requires a little more discipline than the more traditional in-person training approach, but when carried out properly, provides the same fantastic results.

Packages start at £50/month.

PERSONAL TRAINING

Personal Training is the most traditional form of fitness coaching and can be carried out either in person (London) or online (via Zoom). Whether you've been to the gym before or not, Personal Training is a great opportunity to learn how to move and look after your body effectively from a professional.

Packages start at £55/hour.

HYBRID COACHING

Hybrid Coaching is my most popular service, combining both Online Coaching and Personal Training into the ultimate fitness coaching package. Hybrid Coaching is the best way to throw yourself into achieving your goals by letting me take care of every part of your health and fitness journey.

Packages start at £230/month.

LADIES LIFTING CLUBS

I started my Ladies Lifting Clubs to give more women the opportunity to learn how to lift weights and to provide a safe space to build strength and confidence. Each small group (up to 4 participants) coaching session focuses on one of the main barbell lifts. Whether you're new to the gym or have been lifting for years, these sessions are a great addition to your current health and fitness routine.

Sessions are £12.50/hour and take place in Shoreditch.

"Beth has been a great coach. I came to her last year in April and with her mentorship, guidance and coaching over 10 months, she has completely reshaped my habits and helped me create a much healthier relationship with the gym. She takes time to listen to your goals and tailors plans for you to reach them (and also adjusts them as your goals and life situation changes). Beth genuinely cares about clients and does her hardest to support every single one. I feel fit and strong like I never have before and I've stayed on track! I would recommend her for anyone looking for a trainer that will be there with you every step of the way!"

MADDY (HYBRID COACHING CLIENT)



What my current clients have to say...

STEPHANIE (ONLINE COACHING CLIENT)

"Beth is the most amazing coach. I was very skeptical about online coaching but I am so delighted that I did it. After trying on my own for a few months and struggling to come up with routines of my own and stealing Beth's I decided it was time to sign up to the plan. It has been hands down the best decision I made. My plan was set for my own personal goals so very individual and not the same generic plans you get elsewhere. It isn't easy being so far away but the video clips to show correct form really helped and i still revert back to them. She is like my comfort blanket and I know that I have achieved so much in the last three months because of her endless support. Between that and her constant contact the confidence I now have in the gym is far beyond anything i could imagine. I highly recommend signing up to the online plan if you can't get down to train 1-1. Thank you Beth for everything and you can guarantee that once I've hit my 6 month goal i'll be back for more."

HARRIET (HYBRID COACHING CLIENT)

"I came to Beth as I wanted a personal trainer to help me with fat loss, nutrition advice and lifting technique. I have always been to the gym and tried to watch what I eat but have stayed the same size (55kg and I'm 5 foot 4) for about 2 years.

For the first 4 weeks, Beth had a plan and guided me through better lifting technique and worked with me to fix my nutrition. She dispelled my myth that "carbs are bad" and that I needed to be in the gym 5/6 times a week.

Working with Beth as a coach, I have lost fat whilst eating well. I have a better balance in my life as I look after my nutrition every day (not just dieting during the week and going nuts at the weekend!), allowing for meals out and drinks. In 10 weeks I feel I've achieved what I wanted, and I'm happy I have the building blocks to create my own plans and understand how my exercise and eating presents itself in my physique.

Beth is amazing - she is always there to answer my questions (and random voice notes!). Training with her has been so good, and my only complaint is that she's coached me well enough that I can train without her. Next year we will have fewer sessions a month together, but I'm excited to see my results after the next 10 weeks."

SOPHIE (PERSONAL TRAINING CLIENT)

"I've absolutely loved training with Beth. As well as being approachable and friendly she has pushed me to achieve goals I didn't think my body was capable of. Every session is fun, varied and flies by! In addition to the actual training, Beth is very knowledgeable about all things health, fitness and nutrition related and I've already learnt so much from her. I thoroughly recommend than anyone considering training with Beth books in for a session asap!"



What's next...



FILL OUT MY APPLICATION FORM

The application process has been designed to ensure that, before we begin, this coaching is for you. I will not sign you as a client until I am 100% sure I can help you achieve your goals.



BOOK A CONSULTATION CALL

This will be a friendly chat via Zoom to give us both a chance to get to know one another better. Feel free to ask any and all questions you have here before we proceed, it is important that you feel comfortable with and trust me as your coach.



SIGN UP

This bits the most simple. Choose your package from my website + we're ready.



GET STARTED

You'll receive everything you need from me within 48 hours of payment being made (some exceptions apply to some weekends).



SMASH YOUR GOALS

Follow my guidance, put in the work and you'll achieve success in your goals.

STILL UNSURE? HAVE A QUESTION?

Send me an email at Beth@bethlavisfitness.com OR on Instagram at [@bethlavisfit](https://www.instagram.com/bethlavisfit) and let's have a chat.

