

Keep Fit and Kick Start Stockport Health and Wellness

About us



Location

Hazel Grove, Hazel Grove, Stockport, UK

What we do

My name is Paula Thompson. I'm a health, wellness and fitness coach with 15 years experience in the industry. I specialise in fitness, nutritional education, weight loss and health and wellness. My classes include:

- Zumba
- Tummy Tone
- Fitness pilates/pilates
- Dance fitness
- Yoga
- Mums and Tots fitness pilates - exercise with your baby/toddler
- Buggy Beat - indoor/outdoor training with your baby/toddler

I also run Kick Start Stockport. This is a health and wellness programme focusing on nutrition and exercise. This can be combined with/without exercise. The programme includes:

- a recipe book
- 30 breakfasts
- 30 lunches
- 30 evening meals
- meal planners
- shopping list
- private Facebook group support
- access to Kick Start Fat Loss website
- exercises online
- educational/motivational group talk every Thursday evening

We don't just focus on weight loss.

To get the results you want, you need to be aware of the following:

- stress
- sleep
- hormones
- health
- mind-set

If the above improves you'll see a difference in your weight loss i.e lbs/inches.

I offer various programmes for Kick Start - live club, online and one to one coaching. The goal is to help people effectively lose weight through food education, nutritional advice combined with mind-set coaching and support plus exercise which is optional.

Contact us



Website

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Email

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Facebook



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How to find us



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