MotivatePT Give Away 12-Week Body Transformation Package To Ten Lucky Winners

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Leading personal training brand, MotivatePT are giving away a 12-week body transformation package to 10 winners consisting of 2 personal training sessions a week together with tailored meal plans and online support tools throughout the program.

The giveaway marks the Company's launch of their 'Fitness For Life' program. The 12-week program is the latest in a line of health initiatives developed by the Company to show how easy it can be to make sustainable lifestyle changes through structure and planning. Julie Gower, Program Director at MotivatePT comments, "The Program is designed to show what can be achieved with regular exercise and proper diet in just a relatively short period of time. The program lasts for 12 weeks, which is also the amount of time it takes to develop and maintain a new lifestyle habit. Where most people tend to struggle in achieving their health goals is lack of motivation and loss of routine in the initial weeks. We all lead busy lives and it's easy to get side-tracked. But if most people could just maintain their plan beyond the initial 8 weeks, they would be 90% more likely to stick with their new routine permanently."

The Fitness For Life Program was developed by MotivatePT through the combined talents of international personal trainers Dan Simms and Ellen Brart. The program focuses on a sustainable eating plan tailored to the individuals' body type together with a unique total body exercise plan that includes elements of crossfit, kettlebells, HIIT, boxing and plyometrics. According to Simms, "The exercise plan is totally unique and will take anyone from complete beginner to a fitness machine in just 12 weeks. The program will totally change your body's metabolism, burning fat and tone muscle, whilst improving cardio and respiratory fitness, core strength, stamina endurance and posture. In conjunction with the eating plan, your body will look and feel like new in just 12 weeks!"

MotivatePT received over 1,200 entrants to the competition that was advertised through national media campaigns, and the 10 lucky winners were picked at random from across the UK. One of those picked was Helen Garratt from London who explains, "Having been selected I am so excited about starting the program. I had previously considered doing personal training so many times before, but just never got round to booking anything. Now I have my own trainer for free! This is a fantastic opportunity and I cannot wait to get started."

About MotivatePT
MotivatePT are a national personal training Company that work with a varied clientele including private, commercial and corporate clients. As a pioneering fitness provider, MotivatePT have developed cutting-edge fitness programs that deliver lasting results. They provide individual, partner and group personal training across the whole of the UK. For more information please visit their website at www.motivatept.co.uk

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